



FELDENKRAIS® course program Spring/Summer 2026

Mindful movement – Mindful being

When I move, I live, I feel myself and the world around me.



**Course 1: ONLINE FELDENKRAIS® in the evening (via Zoom)
Wednesday 6:45 to 7:45 p.m. EET
April 29th 2026 until July 15th 2026**

**Course 2: ONLINE FELDENKRAIS® in the morning (via Zoom)
Thursday 11:45 to 12:45 a.m. EET
April 30th 2026 until July 16th 2026**

The course lasts for 12 weeks.
Choose the basic block (5 appointments) or the full block (10 appointments).
The dates can be chosen individually within the course period.

PRICES:		
BASIC:	5 lessons à 60 min	60 € total
ADVANCED:	10 lessons à 60 min	100 € total
DROP IN:	1 lesson à 60 min	15 € per lesson

You will receive the Zoom link after registration and payment via bank transfer or Paypal.

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MEMBER OF THE AUSTRIAN FELDENKRAIS® ASSOCIATION