



## **FELDENKRAIS® course program Winter/Spring 2026**

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### **Mindful movement – Mindful breathing**

**When I move, I live, I breathe**



#### **Course 1: ONLINE FELDENKRAIS® in the evening (via Zoom)**

**Wednesday 6:45 to 7:45 p.m. EET**

January 21st 2026 until April 8th 2026

#### **Course 2: ONLINE FELDENKRAIS® in the morning (via Zoom)**

**Thursday 11:45 to 12:45 a.m. EET**

January 22nd 2026 until April 9th 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:**

<b>BASIC:</b>	5 lessons à 60 min	60 € total
<b>ADVANCED:</b>	10 lessons à 60 min	100 € total
<b>DROP IN:</b>	1 lesson à 60 min	15 € per lesson

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