

Advanced training with François Combeau in Zurich January 30 to February 2, 2026

Date : January 30 to February 2, 2026

Time : Friday: 2 p.m. to 7. p.m., Saturday – Sunday: 10 a.m. to 5 p.m., Monday: 10 am to 2 pm

Location : Kirchgemeindehaus, Asylstrasse 36, 8032 Zurich

Training fees : CHF 690

- Early bird price: CHF 640 for registration & payment before October 17, 2025.
This is due to the early room confirmation required.
- Cancellation conditions:
In case of cancellation until October 17th 2025 CHF 320 will be retained. In case of later cancellation, the full course fee is due, unless a suitable substitute participant can be found.

Credit : Certificates documenting appropriate continuing education credit will be distributed at the conclusion of this Advanced Training, which is equal to 20 contact hours.

Registration : Confirmation and final details will be sent to you upon receipt of registration.
We reserve the right to cancel this workshop at any time.

Organizer : Brigitte HEUSSER : info@feldenkrais-heusser.ch

Thème :

“The pivotal joints of the Spinal Column”; junctions of differentiation between curves along the spine”

Structural mainstay of our physical architecture, zone of circulation and transmission between the head and the pelvis, between the brain and peripheral structures of the body, major support for the insertion of the large muscle groups which maintain our balance, the spinal column is our life pillar.

Structured like a well-oiled chain, the spinal column is made up of curves (more or less harmonious depending on our age and how we've lived our life) which assure stability and mobility, both mechanically and functionally.

These curves are opposing in shape and are articulated by particularly sensitive joints which often find themselves under stress and not ideally aligned. However, the quality and fluidity of the transmission of forces as well as that of nerves and blood vessels depend on harmonious alignment of these particular joints.

* **The lumbosacral joint (L5/S1)** is the point from which the spinal column emerges from the pelvis. It is also the home of an important and very strong reflex enabling the spine to lengthen and maintain itself upright.

* **The thoracolumbar junction (D10/D12)** is an important crossroads for the large muscle groups of the trunk which enable us to find stability and harmony in our movements.

* **The cervicothoracic junction (C7/D1)** is a veritable pivot point enabling fluid and smooth movements of the head. It's also the anchor point and suspension point for the shoulder blade.

* **The cervicocranial junction (C1/C2)** assures the dynamic equilibrium of the head on top of the spinal column, and thus the health of our visual apparatus and a dynamic life.....

Due to their specific configurations and positions along the spinal column, these junctions are often zones of concentrated difficulty and tension, ... to the point of becoming totally “locked up”. Their limited mobility in turn limits the circulation and transmission of the forces through the body and also perturbs certain organic stratum to which they are linked.

During this advanced training Fr. Combeau will offer a number of structured and progressive practical situations. He will teach ATM lessons from the “Feldenkrais” repertory and also from his own repertory created along all those years of teaching experience, in direct relationship with the theme presented. He will guide practitioners in the precise and detailed discovery of these functional mobilities, differentiation’s and surprising relationships.

He will also guide the practitioners into FI practices with always more clarity, detail, and precision. His very interactive way of teaching will give an opportunity to each participant to develop, in a personalized and intimate environment, necessary capacities for practicing the method efficiently, creatively and adapted to the student’s needs.

The main purpose will be to explore and work on “how we sense, feel, imagine, propose, invite and act” rather than on “what we do”, François is convinced that the professional training has given to practitioners a wide range of “know how” and ideas, and what everyone needs now is to develop more personal abilities and confidence in what one senses, sees and imagines.

Practitioners whom have already experienced François’ advanced-training in Europe and in the US, have found this style of training to be very efficient in helping them to develop their practice and move to a new level of understanding the work; underlying thinking, ways of acting and the working relationships with their students.

About François COMBEAU

As Trainer/Practitioner of the Feldenkrais Method® for more than 35 years, Francois Combeau has a wide range of teaching experience of ATM® lessons, including weekly classes, theme series, and numerous seminars in Paris, throughout Europe and in Detroit, Michigan, for professionals in the fields of the arts, athletics and health. He also works with individuals helping them to develop a fuller quality of life, physically, mentally and emotionally.

As an experienced Assistant-Trainer and Trainer, he has been teaching in many trainings in Europe (in Paris with Myriam Pfeffer, in Liege, Belgium with Yvan Joly, in Bad Windsheim, Germany with Mark Reese), and in the U.S. with Anat Baniel. These trainers have in many ways been his mentors. Francois has taught advanced trainings in France, Sweden, Switzerland, Germany and the U.S. He has also the desire to share the experience he developed teaching for 14 years in small continuity educational trainings, creating a very interactive, precise and supportive way of working with students.

Francois has been teaching movement and voice for 40 years. Before he took his Feldenkrais training in 1984 (M. Pfeffer, G. Yaron, Ch. Chelav, R. Alon, A. Baniel, J. Karzen...), he had training in bodywork including dance, mime and relaxation techniques and studies based on Chinese medicine, Taoist yoga, Zen meditation, and martial arts dynamics & equilibrium.

Francois has voice and speech therapy training with a specialty in neuropsychology. He has worked as a consultant and rehabilitation practitioner in one of the most well-known hospitals in Paris for brain injury. Twenty five years ago Francois opened a center of his own in Paris for "Somatic Education".