

## **Advanced training with François Combeau in Zurich January 22 to 25, 2027**

**Date :** January 22 to 25, 2027

**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 10, 2026. This is due to the early room confirmation required.
- Cancellation conditions:  
In case of cancellation until October 10th 2026 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](mailto:info@feldenkrais-heusser.ch)

**Thème :**

**“The balance of the major muscle groups of the human body”**

Our skeleton assures the solidity of our structure, our muscles give us movement. At times, overworking or badly adapted muscular tone, forces our skeleton into certain forms and therefore reduces mobility and flexibility in our actions .....

Flexors/Extensors, internal and external Rotators, the Psoas (the large muscles which allows suspension of the leg), the Diaphragm (the respiratory “pump”), the Trapeze (which govern the shoulder girdle and the relation between head and shoulders), the different Sphincters (regulating the internal/external relationships) .... These are various muscle groups that determine, organise and at times restrict our stability and our actions. When these muscles are free and highly differentiated, supple and elastic and when we have greater awareness of each and of their actions, we gain enormously in articulation and mobility of ourselves in space....

Limitations, tensions and pain are neither a fatality nor a non-reversible deterioration. These are often related to the manner in which we move and act in our daily lives, to our self-image and to habits acquired over the years. These experiences of getting to know ourselves again and becoming aware of ourselves within and without allows each participant to develop more flexibility, ease and comfort in their actions.

The proposed sessions invite each participant to :

\* Gain hamstring (the muscles in the back of the thigh) length so as to free the pelvis, allowing it to sit balanced and stable over the legs. This in turn adds to the flexibility of the spine.

\* Have a better sense and understanding of the abdominal muscles so that they may be used wisely thus guaranteeing appropriate and/or relaxed muscle tone giving deeper respiration, functional organic movement and an efficient relationship between flexion and extension...

\* Free the psoas muscles from accumulated tensions so that the legs truly “hang” from the spinal column and the spine, which in turn can lengthen upwards from the pelvis and articulate fluidly.

\* Sense, and better differentiate the fibres of the trapeze muscles that link the head, shoulders and spinal column. This allows us to use them more efficiently in head movements (freeing the neck), in arm movements (freeing the shoulders) and also helps our breathing develop naturally.

\* Discover the functioning of the various sphincters (which guarantee our internal/external relationships) and become aware of their roles and intimate relationships....

\* Rediscover how to mobilise the pelvic floor therefore allowing us to sense its tonic and reassuring presence on one hand and the possibility of it's complete relaxation on the other...

These are only a few examples of what may be learnt and sensed from this work and are the basis for many other explorations to follow....

\*\*\*\*\*

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".