

## Advanced Training with François Combeau in Zurich – January 31 - February 3, 2025

**Date :** January 31 to February 3, 2025

**Time :** Friday: 2 p.m. to 7. p.m.  
Saturday – Sunday : 10 a.m. to 17 p.m.,  
Monday: 10 am to 14 pm

**Please note:** Since this work is process-oriented, we may work longer on some days (Fri – Sun). If you need to leave on time, please make sure you can do so quietly.

**Venue :** Kirchengemeindehaus, Asylstrasse 36, CH - 8032 Zurich

**Please note:** There is no car parking available. We recommend using public transport.

**Training fee :** CHF 690

**Early bird:** CHF 640 for registration & payment before October 18, 2024.  
This is because we need to confirm the room then.

**Cancellation conditions:** In case of cancellation until October 18th 2024 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 :** Use the form on the following page to register:  
<https://www.feldenkrais-heusser.ch/francois-combeau/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)  
[www.feldenkrais-heusser.ch/francois-combeau](http://www.feldenkrais-heusser.ch/francois-combeau)

**Theme :**

**“A mobile Head, an alive, expressive, relaxed Face, and more functional freedom  
for facial and mouth organs ...”**

### **Part 2, New Educational Program**

This course will be a rich and functional extension for those who participated in February 2024. At the same time, it is a great opportunity for those who wish to join us to begin this work guided by Francois Combeau.

The program of this Advanced Training will be new and different,

**you can participate even if you did not attend Part 1.**

**Content :**

By finding true verticality, human beings have considerably developed their field of observation and action. The new balance of the head and its great freedom of movement have allowed a considerable development of the sensory functions and numerous mobilities of the face and the organs of the mouth which allow it a rich palette of expression.

We will continue to develop the fluidity and efficiency of head movements in all directions of space, allowing it to fully assume its role as a veritable periscope listening to the world.

Through the face, the human being enters into a relationship with the surrounding world. He receives (through the senses) and gives, he expresses himself. The facial expressions constitute a real affective commentary on the discourse, when they are not language themselves.

They reveal the inner being or express the authentic reaction to an emotional situation.

We will rediscover the fluidity of the different movements of the face, ridding it of the grins and masks of habits linked to our history, of the deformations of a sometimes laborious articulation... so that it can express the subtle play of our emotions, to become the mirror of our deep dynamisms and the instrument of an authentic dialogue.

All the tensions or limitations experienced in the face are projected onto the cervical spine, stiffening the neck and the carriage of the head.

Moreover, the organs of human expression have been differentiated and refined, allowing the development of language, facial mimicry and singing. The descent of the larynx, due to the weight, led to the creation of its suspensors, the development of the tessitura, the mobility of the voice and the opening of the pharyngeal junction. The decline of the language has allowed access to an increasingly differentiated language, both from the point of view of phonetics and that of colors (soft palate, pharynx, etc.), or intonations.

**In other words all these functions and movements of facial organs, depend on the balance of the head and the freedom of each cervical vertebra. And the same time, the way we use those expressive and sensory instruments affect or influence the freedom and mobility of the neck and more generally of the all spine.**

During this advance training François 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, differentiations 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 30 years, François 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.

François 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.

François 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. Kazren...), 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.

François 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 centre of his own in Paris for "Somatic Education".