

LISTENING WITH YOUR WHOLE BODY™



Better Hearing through Somatic Experience:
A New & Holistic Approach to Improving Perception

Taught by David Kaetz

Canadian author, musician, Feldenkrais teacher, and developer of LWYWB.

For Somatic Practitioners, Musicians, Therapists, Teachers, & others seeking to improve their relationship with sound.

Listening with your Whole Body™ is based on the teachings of Moshe Feldenkrais, mindfulness practices, ancient and modern acoustical research, neuroscience, and a life in music.



Missenden Abbey
Great Missenden, Buckinghamshire HP16 0BD

Transport:

Train: 40 mins from London Marylebone

Tube: Amersham tube (Metropolitan line) to Great Missenden Station

Car: free onsite parking for participants

2 full days: Sat 26th & Sun 27th October 2024
10 am - 5:30 pm



"As walking involves more than the feet, listening involves more than the ears. We use our whole selves — sensing, breathing, moving, feeling, remembering, etc. — in everything. When the whole self is listening, we have set the stage for improvement overall."

"After twenty years of professional experience as a classical violinist, the changes I'm experiencing are as welcome as they are unexpected. The new ways of listening have also transferred to my playing & I've never known such visceral pleasure in the physicality of the sound. Also, to my joy, I'm better able to enjoy the voices of my children & husband, as well as my own."
- Andrea Hallam, *Musician*, Vienna Workshop, 2015

The price includes refreshments and lunch each day.

EARLY BIRD PRICE: £215, IF REGISTERED BY SEPT 1ST. AFTER THAT: £230.

To enrol, and for more information about transport, lodging & meals, please contact Mary Walton at dvmlwalton@gmail.com