

## ***ADVANCED IN PERSON TRAINING***



Eytan Mandel and Chris van der Hoff offer the third intensive training weekend in Beverwijk!

- Where?** MBS Feldenkrais Centrum Beverwijk  
Raamveld 59, 1944 SK BEVERWIJK, The Netherlands
- When?** June 27 – 29, 2025  
Working times: Fri/Sat 9:30 – 16:00 Sun 9:30 – 12:30
- Theme:** Artificial Floor.  
In order to function we must adapt to our environment and monitor the resulting feedback. To keep track of changes and progress, we work with practical, simple and objective feedback such as the floor, the chair we sit on or a wall to lean against. We work in lying down on the floor and a board touching the sole of the foot. The clear contact of this artificial floor makes you feel differences in the contact with the floor and reminds the foot and the system of many functions and possibilities in standing, walking, balancing that we no longer use in everyday life.
- Costs:** € 390,- for the 3 days (1 day also possible: €140,-)  
12 spots available  
Registration and further information:  
[chrisvanderhoff@cs.com](mailto:chrisvanderhoff@cs.com) or WhatsApp: +31637170698
- Private FI lessons** € 80,-  
Let us know also by mail or WhatsApp, so we can schedule.

**Language:** English (Chris and Eytan also speak German)

**Presenters:**



**CHRIS VAN DER HOFF**

Netherlands  
MBS Trainer



**EYTAN MANDEL**

Israel  
Yochanan Rywerant Trainer  
Guild Assistant Trainer



Thinking of the theme of this Dialogue I realized again that working with the "Artificial floor" is using a tool to create sensations in the feet of standing horizontally in an unhabitual way.

Could this lead to a new organization of the Musculoskeletal System also vertically?

Based on texts by Moshe Feldenkrais & Yochanan Rywerant, together with the Alexander Yanai recorded lessons, we will experience, investigate and maybe find answers for ourselves in such a way that it will enable us to convey it to our patients/clients and students.

*(Eytan Mandel)*

The artificial floor for me is a neurological way to talk to the system. It connects to the awareness of the whole organization of the being upright and being centered.

This time I will also explore with you the artificial floor with the hand. The skeleton structure from the feet to the hip joints and the structure from the hands towards the shoulder joints are very similar. Also the inside of the hands and the feet are equally sensitive. How can we explore the function of the hands and arms and their connectivity to the body with the board. See you in June.

*(Chris van der Hoff)*

Hotels in the neighborhood:

Hotel Heemskerk (4,4km): <https://www.hotelheemskerk.nl/>  
Fletcher Hotel, Wijk aan Zee (6km): <https://www.hotelzeeduin.nl/nl/>

Restaurant in the neighborhood:

Ome Pietje (900m): <https://www.omepietje.nl/>

**Next In person advanced training in VIENNA:  
Ongoing Dialogue No. 9: January 2 - 5, 2026**



The **ONGOING DIALOGUE** is a **series of advanced trainings** for Feldenkrais practitioners. Each training-weekend highlight another theme and you can **jump in any time**. We are looking forward to many continuations of the inspiring exchange based on the idea of integrating learning and teaching as taught by Mia Segal, Leora Gaster (MBS) & Yochanan Rywerant.

Let's keep in dialogue! 😊