



Sensory Awareness

Clear Perception - spontaneous action remaining movable - the adventure of living

„This work is no discussion but practice. It is the investigation of the whole potential of the living organism. The experience and investigation of our innate possibilities, if we allow it, can have far reaching effects on our lives.“

Charlotte Selver

In our seminar we rediscover the joy of experiencing and learning in a simple and natural way. We explore ourselves and how we relate to the world by working with everyday situations. Sitting, standing, lying, walking, working with partners or objects help us to discover our habitual tendencies and open possibilities to new ways of relating and trusting.

The three weeks period with the group and leaders help to deepen the experience.

Course language will be German, translation into English will be available.
For questions feel free to contact Christine Rainer, +43 699 10 39 66 40

When: 21.10 - 25.10. // 28.10. - 31.10 // 04.11 - 08.11.2024

Where: Bildungshaus St Virgil, Salzburg

Leaders: Krista Sattler: study of Biology, Adlerian psychotherapy and Sensory Awareness with Charlotte Selver, works since 1985 in private practice and course work. Lives in Bregenz. www.kristasattler.at

Christine Rainer: Physiotherapist, study of Sensory Awareness with Charlotte Selver, Peggy Zeitler and Krista Sattler and Pikler®pädagogics. Works since 2000 with Sensory Awareness-Groups, offers Pikler-Trainings, lives in Eberschwang. www.christinerainer.com

Costs: 1 400.-

Registration until 01.07.2024 at elisabetheth.berthold@virgil.at