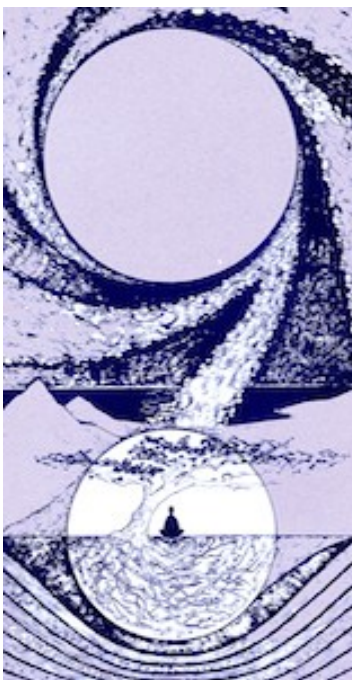


Workshop mit Russell & Linda Delman

11. / 12. October 2025 in Wien

## THE EMBODIED LIFE™

Cultivating Awareness through Meditation, Movement, Inquiry  
and the Teachings of Moshé Feldenkrais



## Public Workshop

**Time** October 11<sup>th</sup> / 12<sup>th</sup> 2025  
Saturday / Sunday 10:00 - 17:00

**Instructor:** **Russell Delman**  
**& Linda Evans Delman**

Language: English (German translation partly possible)

**Location** **Feldenkrais Institut Wien**  
**Taborstraße 71/1a**  
**1020 Wien**

**Seminar Fee** EUR 245,- / for students EUR 220,-

if paid until June 30<sup>th</sup>, 2024:

EUR 205,- / for students EUR 185,-

(Please contact us if your financial situation is limited)

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**Bank-Account** **Russell Delman**  
**IBAN: DE15 7015 0000 0090 1229 87**

# THE EMBODIED LIFE™

## Cultivating Awareness through Meditation, Movement, Guided Inquiry and the Teachings of Moshé Feldenkrais

All methods devoted to human potential emphasize the importance of awakening to the present moment. All that we long for - love, joy, peace, harmony, truth - require the capacity for **PRESENCE**.

Simply said, we need the capacity to sit with our own thoughts, welcome our feelings/emotions and find comfort and ease in our own bodies.

The **MEDITATION** we will practice is a profound and simple approach to experiencing the present moment 'As It Is' - this is the basis for being at home in ourselves. Beyond ideology, it directly addresses the question: Can I be at ease within my own self-created mental stories and images? We will be meditating each day for periods of 15-20 minutes. Chairs are available and help is given to those who find sitting challenging. This workshop will be of interest to both beginners and those experienced in these approaches.

The **MOVEMENT LESSONS OF MOSHÉ FELDENKRAIS** are perhaps the most neurologically sophisticated and effective ways of transforming our motor patterns and self-image; these lessons are also interesting and fun. Our physicality can be a great help in the process of awakening. Learning to sense our breathing, standing, sitting and other activities with greater clarity, while moving in easier, more satisfying ways, can help us to experience more joy and lightness.

**GUIDED INQUIRY** includes a variety of awareness practices based in the Focusing Method of **Eugene Gendlin**. Russell has been developing these experiments for more than 30 years. Learning to bring a warm, caring, curious presence to our feelings/emotions is truly transformative. We will explore in direct, interesting and transformative ways, two main themes: How to be with the challenges in our lives in ways that help them to move forward and growing our capacity for deep and spontaneous gratitude.

## BIOGRAPHY Russell Delman



Russell began his study Zen meditation and Somatic Psychology in 1970 as an undergraduate student in psychology. His training and personal relationship with Moshé Feldenkrais began in 1975, and he has since helped train more than 2500 Feldenkrais teachers all over the world.

In recent years, Russell's close friendship with Eugene Gendlin, the founder of „Focusing“, has strongly influenced his work. Russell offers a mentorship program in “The Embodied Life”.

## BIOGRAPHY Linda Evans Delman



Linda has been an international consultant and educator in the fields of psychology, movement and spirituality for over 30 years. She began her professional training with Dr. Moshe Feldenkrais in 1980. Linda was authorized as a trainer of Feldenkrais®

practitioners and educational director.

Linda is an Embodied Life Graduate and co- teaches with her husband, Russell. She considers her path to be a moving meditation of service. She is deeply influenced by Nature, the joy of movement, Anthroposophy, and Spatial Dynamics.

For more information and to see a short video please visit <http://www.theembodiedlife.org>