



Short Bio 2018



« *Making the impossible possible, the possible easy, the easy elegant* »

This quote from Moshe Feldenkrais is nourishing my passion for the Feldenkrais Method every day. Pursuing flexible goals I help my clients, including children, their families and therapists, as well as adults, to improve their self-awareness and their motor functioning in a safe environment. Working with babies, children and adults I use gentle touch and words as powerful tools to support them in their individual learning and healing process.

Knowing that no single approach is the right one for each individual, I offer individual as well as group lessons and workshops, at home or in my spacious and quiet practice Atelier Mattenhof in Bern. For my sporty adult clients' enjoyment, I offer two yearly Feldenkrais workshops in the Swiss Alps, ideal for skiers and hikers who want to find more ease doing their favourite outdoor activity.

Since 2017 I'm doing regular intensive weeks working with children abroad (e.g. in Dubai, UAE; Ekaterinburg, Russia).

I have been trained as a Feldenkrais Practitioner by Paul Rubin and Julie Casson Rubin in a four-year professional training in Basel, Switzerland, 2008-2012. To deepen my skills I participate in advanced trainings with internationally renowned Feldenkrais- and Anat Baniel Method (ABM)-trainers such as Julie Casson Rubin, John Tarr, Eytan Mandel, Nancy Aberle, Lynn Bullock and Mia Segal on a regular basis. I'm an active member of the Swiss Feldenkrais Federation SFV and in the "WORKING with CHILDREN" Network of Nancy Aberle.

My educational background includes a Master in Economics from the University of Bern. Besides following my passion as a Feldenkrais teacher, I am an expert in gender statistics and equal pay, working as a counselor and analyst on behalf of the Swiss Government. Time permitting, I also teach adults and children skiing in the Swiss Alps and help them improve their skills with ease, based on a Feldenkrais-awareness approach.

I love being in the outdoors and being in motion, in the beautiful surroundings of Bern, swimming and hiking along the river Aare, or in the Alps. Climbing, windsurfing, kayaking, skiing, dancing and making music as a drummer are passions of mine. When not being on the move, I also like quiet moments, alone or with friends and family, in the nature or in an arts museum.

For further information, please contact me:

Email: silvia.strub@feldenkrais.ch

Internet: www.feldenkrais-strub.ch