

Cambridge, U.K. // November 14th & 15th, 2026

Listening with Your Whole Body™

Better Hearing through Embodied Listening

with David Kaetz

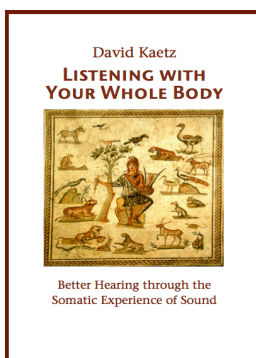
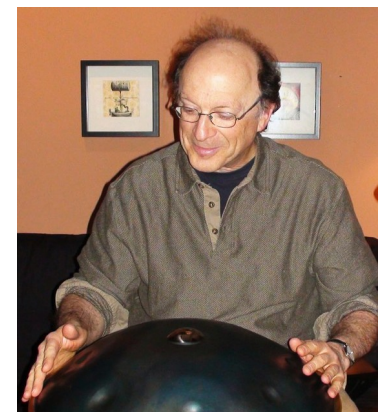
What can you do to improve your own hearing? How can you listen more effectively, get more joy out of music, be more at home in nature, and take better care of this precious window on the world? You are invited to join us for 2 days in Cambridgeshire to explore David's innovative approach to the refinement of auditory perception.

This invitation is extended to those who wish to improve and protect their hearing, as well as those for whom the auditory sense is in the centre of their professional and personal lives: therapists, musicians, actors, teachers, parents, partners and others.

As seeing involves more than the eyes, and walking more than the feet, the auditory sense is inseparable from how we use our whole selves: how we attend, move, breathe, think and relate—not to mention all the other senses. To know sound as movement, internally and externally, enriches our hearing while it opens us to resonance—a quality of listening independent of thought, interpretation and experience. Embodied listening can lead to surprising changes in hearing; moreover, when embraced as a practice, it initiates a fundamental transformation of how we meet the world.

Listening with your Whole Body™ is based on the pedagogical approach of Moshe Feldenkrais, systemic approaches to self-organization, discoveries in neuroscience, insights from ancient and modern acoustical research, and a life in music. In the course of the weekend there are individual and group exercises, gentle and unforced, with an emphasis on relaxation and a more integrated use of the whole self. There are discussions, encounters with live and recorded music, time in nature, and space for silence.

David is a Canadian Feldenkrais teacher, musician and writer. He is the author of *Listening with Your Whole Body*, which sets out the philosophy and science of his work with perception. Two other books, *Making Connections* and *The Ezekiel Code*, explore the interface of somatic work and the inner life.



“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 and I've never known such visceral pleasure in the physicality of the sound.”

- A.H., musician.

"Thank you so much for the wonderful experience of being at your workshop and for the indelible experience that I had there. I had previously considered myself unmusical. I have never before felt each and every note of music in such a profound deep way, as if I too were a creator of the notes."

- I.M., psychotherapist.

Cost: Early Bird, on or before May 31, £195 // After May 31, £220.

For more information and for registration,
please send an e-mail to Anne L Ryan and/or Tina Tribe at
movingtone@gmail.com

More info about David and his work is available here: www.listeningwithyourwholebody.com