

So many of the people we work with come to us after a long period of not getting better. They have tried many modalities and feel stuck in their healing process, or have been told there was nothing left to be done.

Please check out the experiences, on video, of some of our workshop participants who have used CFR floor and table work to attain dramatic physical and emotional change in their own lives.

This work is very experiential. Chronic and traumatic joint dysfunction can be permanently improved in a one-hour floor lesson. Besides your own personal healing, the workshops include simple integration moves for an upgrade in your clients' global function. Upon request we may be able to schedule one-day introductory workshops in your area, so you can discover how you can immediately use CFR principles in your practice.

We hope you will attend one of our CFR workshops. You will experience an entirely new skill set that will help you dramatically increase your effectiveness with your clients, heal your own physical limitations, have the sessions you give become less demanding, and learn what to do for your own body at the end of your work day.

See the brochure below for more information about the next CFR seminar.

We know many practitioners who are frustrated because modalities and techniques never measured up to their expectations. Attending a CFR seminar can, if you wish, lead to the possibility of 3 yr professional training which will be offered end 2015 or begin 2016.

We have previously conducted two, 3-year trainings that have included MDs, PTs and body workers. All graduates have gone on to be excellent practitioners who get dramatic results no matter what their background.

I had the great privilege of training with Dr. Moshe Feldenkrais, and his genius will always inform my work. I have developed CFR over the last 32 years of private practice, working with individuals and leading 8-day intensive clinics with groups. No matter if the issue was a stroke, severe accident or chronic pain, the results achieved consistently exceeded outcomes from other rehabilitation modalities.

After injury, it is easy for people to settle for what is left of their abilities. They do not realize that their residual, compromised mechanics leave them vulnerable to more injury. My experience has shown that restoring innate, complex and fully-functional movement is the ultimate healing and a safeguard against future problems. Returning to this level of function must include the emotional aspects of injury, and, ABOVE ALL, a unique conversation with the brain and nervous system. This conversation may look from the outside like simple touch, manipulation or movement instruction, but it is far more than that. It is a specialized way of accessing pathways of change in the brain that have only recently been identified, and is called "attentional touch" in medical research. CFR has utilized these pathways from the very beginning. Come join me to find out for yourself.

Feel free to contact us at 1-800-898-9588 or [cfrhealing@gmail.com](mailto:cfrhealing@gmail.com) with any questions you may have, or to register.

Harriet Goslins, CFR® FOUNDER