



*Feldenkrais*® Institute of San Diego

## **The San Diego *Feldenkrais*® Professional Training Program**



"In a perfectly matured body which has grown without great emotional disturbances, movements tend gradually to conform to the mechanical requirements of the surrounding world. The nervous system has evolved under the influence of these laws and is fitted to them. However, in our society we do, by the promise of the great reward or intense punishment, so distort the even development of the system, that many acts become excluded or restricted. The result is that we have to provide special conditions for furthering adult maturation of many arrested functions. The majority of people have to be taught not only the special movements of our repertoire, but also to reform patterns of motions and attitudes that should never have been excluded or neglected."

—Moshe Feldenkrais, *Higher Judo*

## **THE SAN DIEGO FELDENKRAIS PROFESSIONAL TRAINING PROGRAM**

Welcome to the prospectus for the upcoming *Feldenkrais* Professional Training Program, presented by the *Feldenkrais* Institute of San Diego. Training in the *Feldenkrais Method*<sup>®</sup> offers entrance into a stimulating, multidisciplinary profession and the luxury of an extended and powerful personal-growth experience. In the pages of this prospectus, you will be able to read about the various aspects of the training program, including its staff and educational design. There are also sections providing background information on the practice and development of the *Feldenkrais Method* and its founder.

### **OVERVIEW**

The San Diego program will be held at our newly opened *Feldenkrais* institute. The institute is located in the Hillcrest area of San Diego, a vibrant urban environment 15 minutes from the beach and within walking distance of restaurants, boutiques, bookstores, coffee shops, and a Whole Foods market. The course will run over three and a half years, spread over five- and ten-day segments.

Elizabeth Beringer will be the educational director of the program, coordinating the curriculum with an extensive educational staff. California has the greatest concentration of certified *Feldenkrais* trainers anywhere in the world and thus provides a rich resource for staffing a training and contributing to a stimulating training environment. Students will have the opportunity to learn from a wide variety of teachers with diverse backgrounds and teaching styles.

The *Feldenkrais* Institute of San Diego opened its doors in the fall of 2007. The building is an historic one, built at the beginning of the past century, and the training room is cozy with lots of light. In addition to sponsoring training programs, the Hillcrest center offers weekly classes, workshops on various themes for the public, and postgraduate seminars. The center is also home to *Feldenkrais* Resources, the major publisher of *Feldenkrais*-related books and audio programs. *Feldenkrais* Resources is the exclusive publisher of Moshe Feldenkrais' educational programs for the public and continues to develop educational programs that are distributed worldwide. Having the training sponsored by *Feldenkrais* Resources will entitle students to discounts on books and other educational materials included in the training.

## **THE FELDENKRAIS METHOD**

The *Feldenkrais Method* is an innovative system that approaches human development and the improvement of functioning through the medium of physical movement and directed attention. It approaches human learning by accessing the nervous system's innate processes for the enhancement and refinement of functioning. Based on his/her personal history, each individual adopts patterns of physical and psychological behavior adapted to his or her particular environment. These patterns are deeply embedded in our nervous system and often become outmoded or dysfunctional, creating unnecessary limitations and sometimes pain. Our posture and the ways that we move were learned, even if that learning was not conscious. Consequently, physical difficulties or limitations are seen, from the *Feldenkrais* perspective, as the result of either incomplete learning or trauma that can lead to dysfunctional habit patterns. When it is necessary to change or create a new pattern, the *Feldenkrais Method* provides the means to know what to change and how to change it.

The founder, Moshe Feldenkrais, D.Sc., utilized his background in physics, mechanical engineering and judo to develop an approach with an unusual melding of biomechanics, motor development, psychology and the martial arts. The Method has achieved international recognition for its demonstrated ability to improve posture, flexibility, coordination, self-image and to alleviate muscular tension and pain. It consists of two compelling and versatile applications: *Awareness Through Movement*®, done in groups, and *Functional Integration*®, an individualized hands-on practice. Based on the same theoretical ground, both modalities harness the nervous system's ability to self-organize toward more effective and intelligent action.



## **AWARENESS THROUGH MOVEMENT**

*Awareness Through Movement* (ATM) consists of gentle, verbally guided movement sequences, each organized around a different theme, and often practiced in a group setting. The movement lessons give structure to the investigation of diverse themes such as attention, self-image, intention and self-responsibility resulting in a multifaceted and textured learning experience. Unlike many movement practices where the same sequences are repeated, ATM offers an impressive variety of movement situations addressing every human function and area of the body. Thus the learning process in ATM is full of surprises, challenges and the pleasure of learning in new and unexpected ways.

The length of the training program provides an opportunity for the participants to experience the full breadth and depth of the *Feldenkrais* ATM repertoire. In the training context, the sensory-motor learning experienced in ATM gains momentum over time, allowing new ways of thinking, feeling and action to emerge in a powerful fashion. This experiential learning forms the foundation for all aspects of the curriculum.

## **FUNCTIONAL INTEGRATION**

*Functional Integration* (FI) is a one-to-one approach to working with people. Learning, change and improvement are achieved through the use of specific skilled manipulation and passive movement individualized for the student's particular needs. The practice of *Functional Integration* is based on the same large movement repertoire as ATM, making the approach flexible and thus applicable in a wide range of situations. It has benefited such diverse groups as musicians, performing artists, athletes, children with developmental difficulties, senior citizens coping with movement restrictions, people with chronic pain, and individuals with neurological problems.



**"The lessons are designed  
to improve ability,  
that is to expand the  
boundaries of the possible:  
to turn the impossible  
into the possible,  
the difficult into the easy,  
and the easy  
into the pleasant.  
For only those  
activities that are easy  
and pleasant  
will become part of  
a man's habitual life and  
serve him at all times.**

**—Moshe Feldenkrais**

## TRAINING PROGRAM DIRECTOR & FACULTY

### The Educational Director

Elizabeth Beringer, as the Educational Director, will be responsible for designing the educational program, maintaining educational continuity and for all aspects of the curriculum. She will be present for a majority of the program and in addition will be the primary teacher for approximately 50 percent of the program.

Elizabeth has been involved with the practice and development of the *Feldenkrais Method* for more than 30 years and is one of the foremost *Feldenkrais* teachers and trainers. She studied directly with the founder of the Method, Dr. Moshe Feldenkrais, in both the U.S. and Israel beginning in 1976. Elizabeth has maintained an ongoing and varied private practice working with a diverse population including those with severe movement limitations, children, seniors, musicians and those in chronic pain. She has also worked extensively with athletes, martial artists and dancers and is known for her ability to apply

the Method in dynamic situations. Elizabeth has practiced the art of Aikido, a nonviolent martial art, since 1977 and currently holds the rank of 6th-degree black belt. She is an assistant instructor at San Diego Aikikai, an Aikido school in San Diego, California. Her practice of the *Feldenkrais Method* has been informed and shaped by her experiences in Aikido.



“Elizabeth is incredibly clear in her teaching, making even the most complex lesson easy to follow and understand.”

—Gail Gordon,

Physical Therapist,  
*Feldenkrais* Practitioner

Over the years, Elizabeth has been actively involved with the development of the *Feldenkrais Method* into a respected profession; founding and editing for 18 years the first *Feldenkrais* Journal, developing educational programs and materials, working with the practitioner organization, the *Feldenkrais Guild*® of North America, in numerous capacities and cofounding *Feldenkrais* Resources with

David Zemach-Bersin. She has also taught postgraduate seminars for physical and occupational therapists. Currently she is involved in the training of new practitioners and recently graduated training groups in Italy, Switzerland and Berkeley, California. She also travels extensively, teaching in postgraduate and practitioner training programs in Europe, Australia and across the U.S. In addition to her *Feldenkrais* practice, Elizabeth has studied numerous other Somatic disciplines. More recently she has pursued the study of the cognitive sciences, and her current teaching integrates current advances in the cognitive sciences into the *Feldenkrais* perspective. Elizabeth lives in San Diego, California, with her husband, Rafael Núñez, a professor of cognitive science at the University California San Diego, and their daughter, Aliana.

## **ADDITIONAL FACULTY**

### **David Zemach-Bersin**

David Zemach-Bersin is one of Dr. Feldenkrais' original American students and worked closely with Dr. Feldenkrais from 1973 to 1984 in the U.S., Europe and at the *Feldenkrais* Institute in Tel-Aviv, Israel. He is a graduate of the University of California Berkeley and did extensive postgraduate work in physiological psychology. David has served as president of the *Feldenkrais* Guild of North America, and he is the coauthor of the best-selling explication of the *Feldenkrais* exercises *Relaxercise* (Harper Collins). David founded *Feldenkrais* Resources together with Elizabeth Beringer in 1983, and they have maintained a partnership ever since, collaborating in a wide variety of contexts. David maintains an active private practice in Bucks County, Pennsylvania, where he lives with his wife, Kaethe, and their three children.

**"Our reality is shaped  
by the patterns  
of our bodily movement,  
the contours of our  
spatial and temporal  
orientations, and  
the forms of  
our interaction..."**

**—Mark Johnson**

***The Body in the Mind***

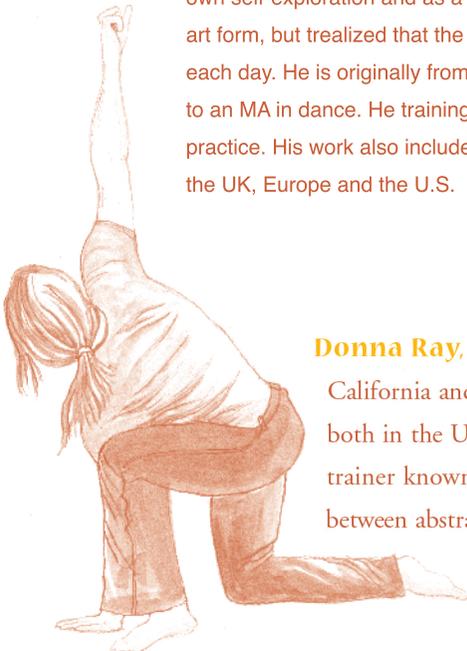


**Carol Kress** is a highly experienced *Feldenkrais* Practitioner of more than 20 years, and trainer who brings to her teaching a desire for excellence and a wish to communicate the essence of the *Feldenkrais Method*. In private practice she works with both adults and children, as well as performing artists. Her work is informed by equestrian arts, yoga, a passion for Argentine Tango, and her longtime practice of the martial art of Aikido, for which she holds a 4th degree black belt.

**Arlyn Zones, MA.** (Theatre Arts) began studying the *Feldenkrais Method* in 1977 and graduated from Dr. Feldenkrais' last U.S Training Program in 1983. She has maintained an active practice since then, working with infants, children and adults. She has also taught in schools, clinics, hospitals and has led special seminars for physical and occupational therapists. Arlyn became a trainer of the Method in 1994 and has taught extensively in the U.S., Europe and Australia. Arlyn is known for her direct and personal teaching style, as well as her ability to inspire creativity and independence in those she teaches.

**Scott Clark** For the past 40 years, Scott has been working with movement, both as his own self-exploration and as a way of communicating with others. He studied dance as an art form, but realized that the real dance — and the real art form — consists in how we live each day. He is originally from New Mexico, and took a BSc in mathematics before going on to an MA in dance. He training in the *Feldenkrais Method* in London, where he has a private practice. His work also includes teaching in *Feldenkrais* professional training programs in the UK, Europe and the U.S.

**Donna Ray, M.A., M.E.T.,** is the director of *Feldenkrais* Southern California and has taught in or directed numerous training programs, both in the U.S. and in Europe. She is a highly experienced teacher/trainer known for her ability to make connections in her teaching between abstract ideas and the concrete reality of daily practice. Donna sees both children and adults in her private practice.



She also works with people experiencing pain, anxiety, posttraumatic stress, preparation for childbirth and athletes. In addition to her *Feldenkrais* practice, Donna works as a marriage and family counselor and her *Feldenkrais* practice is informed by her psychological work and training, which includes Eriksonian Hypnosis, EMDR, art therapy and dance.

**Mara Della Pergola**, trainer and Educational Director, studied with Moshe Feldenkrais in Amherst during the 1980s, and currently teaches in trainings and advanced trainings in Europe, the U.S. and Mexico. She is the founder and director of Istituto di Formazione *Feldenkrais* in Milan, Italy, where she lives, and is known for the clarity, the creativity and the accessibility of her teaching. Her background is in the psycho-social field and theater.

**Donna Wood** has been practicing and teaching the *Feldenkrais Method* for the past 15 years. Her extensive background in dance and martial arts has created a richness of personal-movement experience that she can draw on in her practice of the Method. She is also particularly interested in how the *Feldenkrais Method* can foster creativity and affect perception. Donna works with a broad range of people and situations. She is bilingual and splits her practice between San Diego and Mexico. Donna will be present throughout most of the program.

The team for the upcoming training will be chosen from the above faculty, and there will always be a number of educational staff members present. To insure that students receive substantial individual attention, The *Feldenkrais Guild* of North America Training Accreditation Board guidelines require that a training program maintain a student to teachers ratio of 20:1 for the first two years and of 15:1 for the final two years. We will always meet or exceed these guidelines.



As a physician, I decided to take *Feldenkrais* training because I saw a young lady with cerebral palsy learn to put her heels down and walk at age 15. Nothing I knew of in medicine could accomplish this....

In *Feldenkrais*, I learned functional anatomy rather than structural anatomy.

—Renee Stringham, M.D.

## THE TRAINING PROGRAM

The *Feldenkrais* Professional Training Program will offer participants extensive practical experience and in-depth training in both *Awareness Through Movement* and *Functional Integration*. The training program will also provide a thorough exploration of the theory underlying the *Feldenkrais Method* through lectures, discussions, study

groups and assigned readings. By exploring the neurological, biological and psychological aspects of the *Feldenkrais Method*, students will gain the knowledge and skills necessary to become outstanding practitioners.

The training program is designed to bring forth each student's development in a noncompetitive and highly supportive environment. Throughout the training there will be a team of instructors. At times, one of the instructors will do most of the teaching. At other times the staff will teach simultaneously to small groups of students. The variety of training personnel is designed to give students a broad and deep exposure to the multifaceted nature of the *Feldenkrais Method*.

The *Feldenkrais* training is designed to introduce and embody in the participants an understanding of the underlying dynamics of *Functional Integration* and *Awareness Through Movement*. Essential to the *Feldenkrais Method* is the experience of "learning how to learn." We begin that process with ourselves through ATM and then utilizing what we have learned, we make the process interactive through

The *Feldenkrais* professional training program has quite literally transformed my life! I have spent years studying and teaching yoga, Pilates, functional fitness and corrective exercises. I am absolutely amazed at the impact that two and a half years of *Feldenkrais* training has had on my perception of movement. I am able to see and sense more clearly how a person is functioning as a whole, and I am able to more clearly communicate what is necessary for change. But perhaps the most inspiring transformation for me has been to deeply shift my paradigm of 'Fix it, heal it, something is wrong' to 'How can we create more possibility, fluidity and ease?' I now see this shift reverberating out into every area of my life, as well as the lives of my clients.

—Buffy Owens  
RYT®, CPT®, Life Coach

*Functional Integration.* There will be no rote learning, and it is assumed that students will progress at different rates. Each student will come to realize their own creative learning strategies and how to engender in others the process of self discovery.



## **THE TRAINING PROCESS**

Learning in the training program is always grounded in the participants experience of their own movement and kinesthetic learning. The training involves extended and intensive ATM and *Functional Integration* experiences. As such, for many students the training itself can be a profound and unexpected transformative process. As one student said, “The training gave me a chance I never thought I would have again.” Immersion in ATM over the first two years allows the participants to experience the breadth and depth of the Method. Over time, the letting go of conditioned habits and the increasing awareness gains momentum, so many participants experience a positive and profound shift in their entire sense of self, and thus in many areas of their life.

## **THE CURRICULUM**

### **THE FIRST YEAR**

The first year of the *Feldenkrais* Professional Training Program will immerse you in all aspects of the *Feldenkrais Method*. Daily ATM lessons, four private FI lessons, lectures, demonstrations, theoretical discussions and hands-on work with other students will serve to give you a well-rounded basis for personal learning and understanding. Fundamental ideas from evolutionary theory, kinesiology, anatomy and neurophysiology will be introduced in the context of different learning activities. You will begin to develop your own sensory acuity and the initial sensing and observation skills required in *Functional Integration*. Awareness, as a tangible component of experience, is developed through coordinating intention and action both in one’s self and in touching others.

## THE SECOND YEAR

The second year of the training program addresses the structure and function of both ATM and FI lessons. In order to prepare you for teaching ATM to the public at the end of the second year, the implicit structure and pattern of lessons will be made evident. All aspects of teaching ATM will be covered and you will have time to practice under supportive supervision. You will begin to recognize fundamental functional configurations and learn how to incorporate these observations into FI and ATM. FI practice will be used to help give you an inner understanding of ATM lessons.

## THE THIRD YEAR

In the third year the focus will be on developing the technical skills, sensory acuity and understanding in one's own hands required to give *Functional Integration* lessons. Adding to the extensive hands-on work done during the first two years, the next level of actually giving FI lessons will be developed. You will see FI lessons given to clients with a broad range of physical problems and begin to develop a sense for the 'artistic' elements in FI. The underlying dynamics common to both FI and ATM will constantly be brought to the foreground. Through the cross-fertilization of FI and ATM, the sophistication of your understanding and skill will increase.

## THE FOURTH YEAR

The fourth year continues all of the themes of the previous years and adds FI practice with clients from outside the training. To provide as much individualized feedback and attention as possible, we will make greater use of small groups. Working under close supervision, you will learn how to maintain an open attitude toward learning and analysis of movement patterns as you construct meaningful learning situations for others. Discussions on how to coordinate and begin a professional practice will be conducted throughout. The ATM themes in the fourth year will be very rich and will expose you further to the beauty, power and breadth of the *Feldenkrais* repertoire.

## LEARNING STRATEGIES

The following sections will explain to you the teaching and learning approaches that will be utilized in the training program. These include class ATM lessons, individual hands-on (FI) lessons, small group work, class discussions, lectures, supervision, and between-segment study groups.

## **AWARENESS THROUGH MOVEMENT**

You will experience many hours of *Awareness Through Movement* lessons throughout the training. The core of the lessons will be drawn from the professional trainings that Dr. Moshe Feldenkrais conducted and from classes he taught. You will experience different types of lessons, intricate lessons that have an extended and interwoven structure as well as basic lessons, which are taught to the general public. As noted above, we will not make a strong distinction between *Awareness Through Movement* and *Functional Integration*, as they are simply two sides of the same practice. We will begin developing basic FI skills right from the start and will continue to emphasize ATM throughout the program.

## **FUNCTIONAL INTEGRATION**

As part of your professional training experience, you will receive at least four private *Functional Integration* lessons each year from members of the faculty or invited practitioners. There will be ample opportunity to arrange for supplemental lessons. You will have many opportunities to observe lessons given during class, lessons given to other students during non-class hours, and videotapes of Moshe Feldenkrais giving lessons to people with various physical challenges.

We will begin teaching touching and contact skills early in the program, emphasizing the development of sensing abilities and “seeing with the hands.” You will refine your tactile, as well as kinesthetic acuity in ATM lessons and in small group work. During the third year of the program, you will begin giving your fellow trainees supervised FI lessons and in the fourth year you will work with “clients” from outside the training.



**“The only thing permanent  
about our behavior patterns  
is our belief that they are so.”**

**—Moshe Feldenkrais**

## SMALL GROUPS

Small-sized groups are used to foster your learning from the training staff in an intimate and personalized context and to facilitate the process of learning cooperatively with your fellow students. For example, in topic-oriented discussions you will bridge the gap between readings and your class experiences, to make connections between ideas and devise ways to put those connections into action.

Small groups will also be used to develop your ability to understand and teach FI and ATM. For example, you will review ATM lessons in class, analyzing and discussing the structure and logic of the lessons. As the training progresses, you will have the opportunity to present short sections of the lessons and develop your presentation skills.

“Elizabeth is a stimulating teacher... and at the same time she creates a very nourishing feeling in the learning environment.”

—Kay Ellyard  
Psychologist,  
*Feldenkrais Practitioner*

We are committed to creating a constructive atmosphere, where all students can speak and be heard. We want to expand beyond the idea of being in a group and learning individually to create a process of learning with a group and as a group. By drawing on the different skills and background that each participant brings, the training will be a place for collaborative interaction and cooperative learning.

## CLASS DISCUSSIONS

We will hold regular discussions, both in small groups and with the entire class. These discussions will vary in style from question and answer periods, dialogues, open-ended talks, and conversations oriented to specific topics.

## LECTURES

Trainers, assistant trainers, and guest lecturers will present talks on the background of the *Feldenkrais Method*, on related areas of current knowledge, and on the specifics of developing and conducting a practice. You will learn about Moshe Feldenkrais and how he developed the Method and you will learn about the historical, philosophical, and



scientific bases of his thinking and work. To help you understand how the *Feldenkrais Method* relates to prevailing ideas, you will be introduced to relevant topics in contemporary cognitive science, neurophysiology and movement sciences.

## **STUDY GROUPS & BETWEEN-SEGMENT ASSIGNMENTS**

The training is designed to facilitate your continuous learning. This includes making sure that the intervals between training segments are well utilized. We will encourage you to take ATM classes or workshops in the interim periods in order to learn about different styles of teaching, and to begin to interact with future colleagues. For the same reasons, we also suggest that you receive *Functional Integration* sessions between segments.

To deepen your understanding of the *Feldenkrais Method* and to strengthen your ability to express that understanding, we will ask you to read selected texts. We will also supervise the formation of local and nonlocal study groups for between session learning and support. These groups are an integral part of the training and learning process and in the past have been a very rich and dynamic part of the training. We will support the study groups' activities by meeting with them during training segments and regularly giving them assignments and learning structures with which to work.

## **TRAINING PARTICIPANTS**

*Feldenkrais* training programs have traditionally been made up of an extremely varied student population, which adds to the richness and variability of the training environment. We are looking for a diverse student body, and thus participants are accepted from a wide range of fields, interests and backgrounds. Students have ranged in age from 18 to 80 and participants have traveled from Europe, Mexico and Latin America.

**"Many of the current  
insights of contemporary  
cognitive science  
are illustrated  
by the practice of the  
*Feldenkrais Method*."**

**—Rafael Núñez  
Cognitive Scientist**



The training program appeals to participants who desire to bring new perspectives and understandings to their present work or are looking for a rewarding new profession. For some, the option of being self-employed is particularly attractive. The program is also open to those looking to improve their health and comfort in an intensive learning environment.

The *Feldenkrais Method*, being a general approach to human learning and functioning, can be applied in a wide variety of fields and situations. The field is relatively new so the opportunities for developing new applications of the Method are many. In addition to maintaining independent private practices, many *Feldenkrais* Practitioners work in such diverse fields as psychology, rehabilitation, physical and occupational therapy, education, physical education, ergonomics, gerontology, sports performance, art, voice, theater, dance and music.

There are no specific prerequisites for admission to the *Feldenkrais* Training Program. We are seeking a well-balanced student body, representing the full diversity of human experience, professions and backgrounds. We are committed to accepting people into the program regardless of age, gender, race, sexual orientation or physical ability.

## **PROFESSIONAL BENEFITS**

Training in the *Feldenkrais Method* offers the opportunity to enter an international and growing interdisciplinary profession. A recent study published by the New England Journal of Medicine showed people in the U.S. spending billions of dollars annually on holistic and alternative medical approaches. The *Feldenkrais Method* is at the cutting edge of these types of practices and continues to gain in popularity and name recognition. The *Feldenkrais Method's* unique combination of practices for profound self development as well as effective applications for issues of pain, functional limitations and sports or artistic performance guarantee it a major role in health enhancement for the coming century.



The training program can also act to augment and reinvigorate one's current profession. Because the Method can be effectively applied in any field where the improvement of movement quality is a benefit, graduates have often been able to bring their expertise back to their current profession. One of the most common reasons people give for deciding to do the training, is a feeling of frustration at having reached the end of what they could do with their current level of knowledge and training. This is especially true of those in the health professions. The training addresses this by developing in the participants their creative thinking, the ability to innovate and by providing the tools to improving functioning in a wide range of situations. Students come to understand 'how to learn' effectively and enjoyably in any area of life and how to construct positive learning situations for others. Graduates who choose to stay with their previous professions report increased effectiveness and satisfaction with their work.



## **STUDENT EVALUATION & GRADUATION PROCESS**

The progress and learning of each student in the training program will be closely supported, guided and followed throughout the four years. Personalized supervision will be an ongoing part of the training process and will be used to build your skills and understanding.

Upon the satisfactory completion of the second year of the Training Program, qualified students will be certified to teach *Awareness Through Movement* to the public. At the end of the fourth year, upon completion of the Training Program requirements, graduates will become Practitioners of both *Awareness Through Movement* and *Functional Integration* and will be eligible for full membership in The *Feldenkrais Guild* of North America.

Students must meet training program attendance requirements. Any student missing more than five (5) days of training per year or a total of more than ten (10) days over the course of the entire four years will be required to make up lost time. Assistance will be provided in

organizing any required makeup time. The educational director reserves the right to ask any student to receive further training before being considered for graduation and full *Feldenkrais* practitioner status. It is possible to participate in the training program on a noncertification track. In this case normal requirements would not apply. Students choosing this option can fully participate in the entire program as long as they do not fall behind in the group learning process.

## **APPLICATION PROCEDURE**

Applicants must submit the enclosed application form and a \$50 processing fee. The processing fee will be deducted from your tuition if you are accepted. If your application is denied or enrollment is closed, your fee will be returned in full. If you are accepted into the program and choose not to attend, your application fee is nonrefundable.

Applications will be reviewed on an as-received basis. All applicants will be contacted by phone to further discuss their application. You will be notified of acceptance within 45 days after receipt of your application.

If you have any questions, please feel free to contact

*Feldenkrais* Institute of San Diego:

800-765-1907 • 619-220-8776 • Fax: 619-330-4993

office@feldenkraisresources.com • [www.feldenkraisresources.com](http://www.feldenkraisresources.com)

## **TUITION**

For the specific tuition for this program, please refer to the accompanying documents. Upon approval of your application, a \$500 deposit will be necessary to reserve your place in the training. Payment plans and a limited number of work/scholarships are available. Minority students will be given priority for the work/scholarship positions. Students residing outside of the U.S. and traveling to the program will receive a 20 percent tuition reduction. Those traveling from more than 500 miles within the U.S. will receive a 10 percent tuition reduction.

## HOUSING

The training program is nonresidential. *Feldenkrais* Institute of San Diego will offer assistance finding housing for anyone coming from outside the area of the program.

## ACCREDITATION AND CERTIFICATION

The San Diego, California, *Feldenkrais* Professional Training Program is fully accredited by The *Feldenkrais Guild*® of North America and recognized by all international *Feldenkrais* teacher organizations throughout Europe, Australia, Israel and South America. Upon the satisfactory completion of the second year of the training, qualified students will be authorized to teach *Awareness Through Movement* to the public. At the end of the fourth year, upon completion of the training program requirements, you will become a Guild Certified Practitioner of both *Awareness Through Movement* and *Functional Integration* and will be eligible for full membership in the *Feldenkrais* professional association of your country of residence.



**"By using the term  
'embodied' action  
we mean to emphasize  
once again  
that sensory and  
motor processes,  
perception  
and action are  
fundamentally inseparable  
in lived cognition."**

**—F. Varella, E. Thompson  
& E. Rosch  
*The Embodied Mind***

## **AUDIO PROGRAMS AVAILABLE FROM FELDENKRAIS RESOURCES**

### **Introduction to the *Feldenkrais Method*, Volume I & II**

by Elizabeth Beringer and David Zemach-Bersin, \$72. Each volume sold separately, \$40

***Awareness Through Movement Basic Series***, by Moshe Feldenkrais, \$85

### **Embodied Learning: Focus on the Knees and Ankles—Series 1**

by Elizabeth Beringer. CD set, \$52

### **Embodied Learning: Focus on the Knees and Ankles—Series 2**

by Elizabeth Beringer. CD set, \$52

### **Embodied Learning: Focus on the Hips and Low Back**

by Elizabeth Beringer. CD set, \$52

*For a full description of the each program, visit [www.feldenkraisresources.com](http://www.feldenkraisresources.com).*

## **DR. MOSHE FELDENKRAIS**

Dr. Moshe Feldenkrais, D.Sc., (1904-1984) was a distinguished scientist, physicist and engineer. Born in 1904 in a small town in Russia, he emigrated to Palestine when he was a young man. He earned his D.Sc. in physics from the Sorbonne in Paris and was for many years a close associate of Noble Prize Laureate Frederic Joliot-Curie at the Curie Institute in Paris. In the 1930s he met Jigaro Kano, the founder of judo, who inspired him to become one of the first European black belts in judo (1936). He became a respected judo instructor and authored several books on the subject. In Britain during the 1940s, Feldenkrais began an intense exploration into the relationship between bodily movement and the ways we think, feel and learn. It was here that Dr. Feldenkrais made revolutionary discoveries culminating in the development of the Method that now bears his name and contributing to the founding of



**"The body is the conjunction of all  
realms of human experience."**

**—Humberto Maturana**

the new field of somatic education. Before his death, Feldenkrais personally trained a small number of practitioners to continue his work. Today there are nearly 3,000 certified *Feldenkrais* teachers around the globe. He passed away in 1984.

## **BOOKS BY MOSHE FELDENKRAIS**

**The Potent Self**, Frog, Ltd. and Somatic Resources, \$15.95

**The Master Moves**, Meta Publications, \$19.95

**The Elusive Obvious**, Meta Publications, \$26.95

**Body Awareness as Healing Therapy: The Case of Nora**,

Frog, Ltd. and Somatic Resources, \$15.95

***Awareness Through Movement: Health Exercises for Personal Growth***,

Harper Collins, \$14.95

**Higher Judo: Groundwork**, Frederick Warne & Co., \$18

**Body & Mature Behavior: A Study of Anxiety, Sex, Gravitation, &**

**Learning**, Frog, Ltd. and Somatic Resources, \$16.95

*All materials listed above are available from **Feldenkrais Resources**.*

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‘Each one of us speaks, moves, thinks and feels in a different way, each according to the image of himself that he has built up over the years. In order to change our mode of action we must change the image of ourselves that we carry within us. What is involved here, of course, is a change in the dynamics of our reactions, and not the mere replacing of one action by another.’

—Moshe Feldenkrais

‘And in that moment, when the body became action, the leg, the flesh became quick and alive, the flesh became music, incarnate, solid music. All of me, body and soul became music in that moment.’

—Oliver Sacks, *A Leg to Stand On*

‘One starts from the experiential assumption that the mind-body modality changes through the training of the mind and body by means of cultivation... That is, the mind-body issue is not simply a theoretical speculation but it is originally a practical, lived experience, involving the mastering of one’s whole mind and body. The theoretical is only a reflection of this lived experience.’

—Yasuo Yuasa, *The Body: Toward an Eastern Mind-Body Theory*





**"The greatest pleasure of all  
is the pleasure of learning."**

**—Aristotle**