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The San Diego Feldenkrais Professional Training Program Student Catalog

Welcome to the catalog for the upcoming Feldenkrais Professional Training Program, presented by the Feldenkrais Institute of San Diego. Training in the Feldenkrais Method® 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 5 Feldenkrais Professional Training Program (FFTP) will be held at our newly opened Feldenkrais Institute. The institute is located in the Hillcrest area of San Diego, at 3680 6th Avenue, 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 Feldenkrais Institute of San Diego does not offer housing and does not have dormitories. Students must seek accommodations on their own or commute to the program. If you would like information about the area to help make your lodging decisions, please contact the institute at 800-765-1907.

The San Diego 5 FFTP will begin on Month Day, 2021 and continue over three and a half years, ending on Month Day, 2025. Training days each year are spread over five- and ten-day segments.

This catalog covers the period of Year 1 of the San Diego 5 FFTP, from Month Day, 2021 to Month Day, 2021.

Elizabeth Beringer is 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; thus, this region provides a rich resource for staffing a training and contributing to a stimulating training environment.

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.

MISSION AND PURPOSE

It is the mission and purpose of the San Diego Feldenkrais Professional Training Program to provide the best possible training in the Feldenkrais Method, to offer a rewarding personal growth experience, and to graduate outstanding Feldenkrais Method practitioners.

Students will have the opportunity to learn from a wide variety of teachers with diverse backgrounds and teaching styles. The Feldenkrais Professional Training Program will 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. At this point, students are eligible to become members of the Feldenkrais Guild of North America.

The Feldenkrais Method falls under the category of holistic or somatic practices. Our training programs are designed to provide the

highest quality training in the field of somatic education in the Feldenkrais Method.

The training program includes three main groups of participants; individuals who want to integrate the practice of the Feldenkrais Method into their current professions, those who would like to work specifically as Feldenkrais practitioners and be certified as such, and those looking for an extended personal-growth experience. Participants in previous training programs have ranged from 18 to 80 years of age (with the average age being those in their 30s, 40s and 50s) and have come from a range of fields and interests. The Feldenkrais Method, being a general approach to human learning and functioning, can be applied in a wide variety of disciplines and situations. Former students have included physical and occupational therapists, physicians, lawyers, teachers, massage therapists, dancers, actors, musicians, personal coaches, sports instructors and full-time academics.

Upon successful completion of the four-year training program, which is accredited by the Feldenkrais Guild of North America, graduates will become practitioners of both Awareness Through Movement (the group work) and Functional Integration (hands-on practice) and will be eligible for full membership in the Feldenkrais Guild of North America. Our goal is to provide a calm and supportive environment for this evolution.

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® (ATM), done in groups, and Functional Integration® (FI), 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 and its transformative potential. 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.

FELDENKRAIS RESOURCES

Feldenkrais Resources will be sponsoring and administering the San Diego Training Program. Feldenkrais Resources was founded in 1983 by David Zemach-Bersin and Elizabeth Beringer to sponsor seminars and develop educational material related to the Feldenkrais Method and other Somatic disciplines. We also became the exclusive publisher of Moshe Feldenkrais' audiotape legacy. Over the years we have grown into one of the world's major Feldenkrais Method organizations and continue to develop educational materials for somatic professionals and the public.

Having the training sponsored by Feldenkrais Resources will entitle you to discounts when purchasing books and other educational materials and to a variety of training materials that will be included in the training.

TRAINING PROGRAM FACULTY

The team for the upcoming training will be chosen from the below 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.

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 40 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 was formerly 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. 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 co-founding 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 in Europe and the U.S. 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

Scott Clark has been working with movement for the past 40 years, both as his own self-exploration and as a way of communicating with others. He is originally from New Mexico, and took a BSc in mathematics before going on to an MA in dance. He was a founding member of the Siobhan Davies Dance Company and taught the company for its first six years. After completing the London Feldenkrais training, he began to incorporate that work into dance training, as well as teaching functional anatomy at Roehampton Institute. Scott now has a private Feldenkrais practice in London; his work also includes supervision of other Feldenkrais practitioners, and teaching as assistant trainer in Feldenkrais professional training programs in the UK, Europe and the United States.

Bonnie Rich Humiston, BSN, MS, is a Guild Certified Feldenkrais teacher and trainer, who studied directly with Moshe Feldenkrais for 10 years. In 1972 and 1973, Bonnie began attending workshops that Moshe taught to the public in Seattle, where he would arrive a few days early to give FIs. Bonnie helped arrange these early FIs and had the privilege of observing; this was the inspirational beginning of her study of the Method. She continued on to San Francisco, where she graduated from the first Feldenkrais Professional Training Program in the United States, in 1977. Bonnie served on the board of the FGNA from 1981 to 1991, where she was president from 1987 to 1989. She further contributed as the administrator of the Guild from 1992 to 1994 and returned as its president in 1999. Over the years, Bonnie has been involved in developing Feldenkrais Method materials from the early trainings and Alexander Yanai Method. Bonnie maintains a private practice in San Diego.

Carol Kress is an assistant trainer who brings her experience of an ongoing and varied practice to the program. In addition her work is informed by her long time involvement in the equestrian art of dressage and the martial art Aikido.

Donna Ray, M.A., M.F.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.

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.

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.

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.

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 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 FACILITY AND EQUIPMENT

The San Diego Professional Training Program is conducted at the Feldenkrais Institute of San Diego, 3680 6th Avenue, San Diego, California 92103. The institute comprises a large training room, two half bathrooms, office space with a kitchenette, an office for Elizabeth Beringer, and a large back patio for lunch or relaxing on breaks. The training room is approximately 45.5 feet long by 25 feet wide. The institute has nine Feldenkrais tables, and 50 blankets for

floorwork, along with multiple foam-type pads we will use for comfort on the floor or during Functional Integration (the hand's on work).

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.

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 Feldenkrais Institute of San Diego offers one course of instruction: Feldenkrais Professional Training accredited by the Feldenkrais Guild of North America.

The training process is structured as one integrated gestalt lasting over the entire course of the training period. The training program meets for a minimum of 800 hours over 160 days, for a period of approximately three and a half years.

The curriculum is divided into four separate years. Students will attend 40 days per training year.

The Feldenkrais Professional Training Program differs from other schools in that the trainee is involved in a continuous experiential movement process, rather than instructed in a certain number of independent courses.

Conceptual and theoretical information is introduced while the student is doing pertinent, associated movement processes.

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 crossfertilization 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 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 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.

SMALL GROUPS

Small-size 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. 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.

LEARNING RESOURCES

A limited number of readings will be assigned. The following is a list of books by Moshe Feldenkrais that students will read or from which students will be asked to do readings:

1. Awareness Through Movement

2. Embodied Wisdom
3. The Potent Self
4. Body and Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning
5. Body Awareness and Healing Therapy: The Case of Nora

The Feldenkrais Institute of San Diego has an extensive online library. Students will have access to this online library of lectures, demonstrations and materials pertinent to the course. The library is password protected, and the students will have access to the library once the course is started and they have completed their full enrollment.

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.

STANDARDS FOR STUDENT ACHIEVEMENT

In an ongoing process, the Educational Director, trainers, and assistant trainers will evaluate each student on the basis of class attendance, participation, homework, and supervised in-class *Awareness Through Movement* and *Functional Integration* practice.

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 the student's skills and understanding. A minimum teacher to student ratio of 1 to 16 will be maintained throughout the program. On many days of the training the ratio will be as low as one teacher to eight students.

Students are evaluated by Feldenkrais instructors who are certified by the Feldenkrais Guild of North America. Observational evaluations by certified instructors, rather than grading standards or written exams, are used to track student's progress and competency in the Feldenkrais Method. This evaluation is based on the instructor's observations of the student's participation in *Awareness Through Movement* lessons, *Functional Integration* practice, group discussions, written homework processes, the student's self evaluation, and the evaluation of the entire teaching staff.

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. Satisfactory completion of the second year includes: being up to date on the first two year's attendance, having the core staff's support based on in-class observation, completion of any required written homework processes and finally to undergo an individual supervision of the student leading a Feldenkrais group movement class, (*Awareness Through Movement*). The certification given at this stage of the program is temporary and expires after 5 years if the student does not complete the entire program.

During the final year of the program the students will have the opportunity to be supervised working with the hands-on work, Functional Integration, at least four separate times. (We offer additional supervision over the minimum required by the FGNA at no extra charge). During that ongoing evaluation process, students are often encouraged to work on particular issues in order to improve their work. In most cases we do not need to “require” this, as the students want to improve and we want them to improve.

In the event a student is unable to perform an adequate level of Awareness Through Movement or Functional Integration teaching in their supervisions, the educational director reserves the right to ask any student to receive further training, or complete additional assignments outside of class time, before being considered for graduation and full Feldenkrais practitioner status. It is our goal never to surprise a student at the end of the training with additional requirements. Given the small class size and ongoing evaluation, difficulties meeting the graduation requirements are identified early and plans are made with the student’s participation to achieve successful completion of the program in a timely fashion.

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 (FGNA).

It is the student’s responsibility to make-up any time missed. A 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.

PERSONAL GROWTH TRACK

It is possible to participate in the training program on a non-certification basis. In this case normal requirements would not apply. The non-certification track makes sense for students who are taking the training for their personal growth, or students who are not planning to work as Feldenkrais practitioners. In this case,

attendance requirements, make-up requirements and participation in supervisions would not apply. Students choosing this option can fully participate in the entire program as long as they do not fall behind in such a way that it interferes with the other students learning. This would be determined at the Educational Director's discretion. (To date this has never occurred.) Students on a non-certification track will receive a statement of attendance. In most cases the statement of attendance can be used to complete the requirements for full certification as a Feldenkrais practitioners with additional training at the discretion of the Educational Director of any Feldenkrais Professional Training Program that the student joins in the future.

ATTENDANCE POLICY

The training program meets for a minimum of 800 hours, for 160 days over a period of approximately three and a half years. There is no refund of tuition for missed days.

Not more than 5 days in a single year or more than 10 days over the four-year period may be missed without making up the training hours.

The Administrative Director or staff will track each student's attendance at the training to ensure that he or she has participated in the required number of hours. In the event of any absence from class, a student is responsible for the content of the missed material. Per the FGNA, the training has to be completed within a maximum of seven years, and a minimum duration of three years (36 months).

A student has different options as regards making up missed class time. When the student misses individual days of training, this material can be made up by audio recordings of the training segments. Audio recordings of the course for makeup purposes will be available to all participants; the fee is included in tuition. One time during the training program, in the event that it is necessary to miss an entire segment, and (a) Feldenkrais Institute of San Diego is notified no less than two weeks prior to the absence and (b) the student is up-to-date on payments, Feldenkrais Institute of San Diego will cover the cost of tuition in another training program of any required makeup due to this absence.

For longer absences, students may need to make up time in other training programs, at the student's own time and expense. The Feldenkrais Institute does not track the costs of these other programs.

LEAVE OF ABSENCE POLICIES

The maximum amount of time a student can remain on a leave of absence is seven years from their training start date. Such a leave absence must be granted in writing from the Educational Director.

APPLICATION PROCEDURE

For admission to the Feldenkrais Training Program, we require that applicants have graduated from high school. 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.

The training program is conducted in English only. No English-language services are provided.

English language proficiency: In order to enroll in the program, students need to speak, read and communicate easily in English. This will be assessed through the application process, including an interview.

Please note: The Feldenkrais Institute of San Diego does not provide visa services to students from other countries. The institute also does not vouch for student status.

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.

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.

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.

Transfer of Credit from Another Institution:

Students may transfer to the Feldenkrais Institute of San Diego Feldenkrais Professional Training Program. The institute will accept up to 3 years (or 600 hours) of Feldenkrais Professional Training from another Feldenkrais Professional Training program that is accredited by the Feldenkrais Guild of North America (FGNA). The Feldenkrais Institute of San Diego requires that transfer students fill out and complete its application. The basis upon which the transferred credit will be awarded: A student must have completed Feldenkrais Training hours with a program recognized by the FGNA. In addition the student can be no more than 20 days behind the program for which they are requesting entry.

Furthermore, in accordance with the FGNA, a trainee who wants to transfer from one training program to another must receive a letter from the educational director and the administrative director of his/her original program, indicating fees paid, number of days of training completed, which parts of the program completed, and a recommendation to continue the training elsewhere. This information should be submitted with an application to the institute.

There is no equivalent degree or equivalent program to Feldenkrais Professional Training. Therefore, the Feldenkrais Institute of San Diego does not accept ability-to-benefit students or credits earned at other institutions of learning or credits earned through challenge examinations and achievement tests at other institutions. The institute does not accept prior experiential learning toward the professional training program.

The Feldenkrais Institute of San Diego has not entered into an articulation or transfer agreement with any other college or university or Feldenkrais Training Program.

The Feldenkrais Institute of San Diego does not provide student services (such career counseling or health services) or placement services.

HOW TO ENROLL

To download a copy of the application form, please click [here](#). The Feldenkrais Institute of San Diego will begin a new training in Spring of 2021 at the earliest. The current program is closed.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

If you have any questions, please do not hesitate to contact Feldenkrais Institute of San Diego: 800-765-1907 • 619-220-8776 • Fax: 619-330-4993 office@feldenkraisresources.com • feldenkraisresources.com

TUITION

Total tuition for the Feldenkrais Professional Training Program is \$18,000, payable by year during the four-year program. Each of the four years of training is \$4,500. Upon approval of your application, a \$500 deposit will be necessary to reserve your place in the training. This \$500 payment is credited toward year one tuition. Payment plans and a limited number of work/scholarships are available. 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.

Tuition Schedule

APPLICATION FEE: \$50.00 (NON-REFUNDABLE. THIS IS APPLIED TO YOUR TUITION AT THE END OF YEAR 1.)

DEPOSIT: \$500.00 (REFUNDABLE. THIS IS APPLIED TO YOUR TUITION AT THE END OF YEAR 1.)

YEAR 1: \$4,500.00

YEAR 2: \$4,500.00

YEAR 3: \$4,500.00

YEAR 4: \$4,500.00

TOTAL: \$18,000 FOR THE 4 YEAR PROGRAM.

Students who are California residents currently must pay zero cents (\$.00) per one thousand dollars (\$1,000) of institutional charges, rounded to the nearest thousand dollars for the California Private Postsecondary Education Bureau's Student Tuition Recovery Fund (STRF). This cost is \$0.00 per year.

STUDENT'S RIGHT TO CANCEL

A student has the right to cancel the enrollment agreement and obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later. To cancel the enrollment agreement and withdraw from the institution and obtain a refund, a student must send written correspondence to Elizabeth Beringer at the Feldenkrais Institute of San Diego by letter or email stating they would like to leave the program.

Furthermore, during the course of the training program, if a student chooses not to continue—whether due to evolving personal or financial circumstances—a full refund will be made for any tuition paid in advance, that is any tuition paid for training days not completed. The Feldenkrais Institute of San Diego shall refund to the student all tuition payments for any full day training sessions of the program that he or she has not yet attended at the time of the notice of the student's withdrawal. To cancel the enrollment agreement and

withdraw from the institution and obtain a refund, a student must send written correspondence to Deirdre O'Shea or Elizabeth Beringer at the Feldenkrais Institute of San Diego by letter or email stating they would like to leave the program.

PROBATION, DISMISSAL AND REFUND POLICY

All students are accepted to the San Diego Feldenkrais Professional Training Program (FPTP) on a probationary basis for the first two weeks of the training program. This is a requirement of our private postsecondary certification. In the unlikely event that a student is not accepted after the probationary period, they will receive a full refund.

The San Diego FPTP reserves the right to terminate a student from the program at any time. Reasons for dismissal may include but are not limited to: noncompliance with the rules and directives of the program, disturbance of the group training process, exhibiting difficulties in the personal and/or professional integration of the learning material, and/or nonpayment of tuition fees according to the Tuition Payment Schedule.

Any notice of cancellation from The San Diego FPTP shall be in writing, and a withdrawal may be effectuated by the student's written notice or by the student's conduct, including, but not necessarily limited to, a student's lack of attendance.

When the San Diego FPTP identifies a reason for possible student termination, the student will be notified and possible solutions to the problem will be explored before a final determination is made regarding the student's continuation in or termination from the program. In the event that the student is terminated from the program, the San Diego FPTP shall refund to the student all tuition payments for any full day training sessions of the program that the student has not yet attended at the time of the termination. Such refund shall not apply to days missed before termination.

THE CALIFORNIA STUDENT TUITION RECOVERY FUND (STRF)

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a

residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition. You are not eligible for protection from the STRF and you are not required to pay the STRF assessment if you are not a California resident or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834 (916) 574-8900 or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120 day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law, or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.

6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.

7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans. To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF. A student whose loan is revived by a loan holder or debt collector after a period of noncollection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law. However, no claim can be paid to any student without a social security number or a taxpayer identification number.”

STUDENT FINANCIAL AID

The Feldenkrais Institute of San Diego does not participate in state and federal financial aid programs.

If the Student has received federal student financial aid funds, the student is entitled to a refund of moneys not paid from federal student financial aid program funds.

If the Student obtains a loan to pay for an educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund.

If the Student is eligible for a loan guaranteed by the federal or state government and the Student defaults on the loan, both of the following may occur:

(1) The federal or state government or a loan guarantee agency may take action against the student, including applying any income tax refund to which the person is entitled to reduce the balance owed on the loan.

(2) The student may not be eligible for any other federal student financial aid at another institution or other government assistance until the loan is repaid.

HOUSING

The training program is nonresidential. Feldenkrais Institute of San Diego has no responsibility to find or assist a student with finding housing. Students must make their own arrangements for housing when attending the program. The City of San Diego has extremely varied housing options, including hotels, budget hotels, and owner rentals.

The City of San Diego has extremely varied housing options, including hotels, budget hotels, and owner rentals. The median hotel price in San Diego is \$180 per night. Budget hotels range from approximately \$60 to \$130 per night.

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 certified 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.

Neither the Feldenkrais Institute of San Diego nor its Feldenkrais Professional Training Program is accredited by an accrediting agency recognized by the Department of Education.

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

PLEASE NOTE:

Feldenkrais®, Functional Integration®, Awareness Through Movement®, and the Feldenkrais Method® are registered service marks of The Feldenkrais Guild® of North America. Training programs are subject to cancellation as a result of insufficient enrollment, teacher availability, and/or location availability. In case of instructor and/or location change, applicants will be notified 30 days in advance and given the option of participation or refund. Training programs are subject to cancellation with 30 days advance notice. Feldenkrais Institute of San Diego does not guarantee that graduates of the training will be able to practice in states or countries where local laws, licenses and regulations may stipulate additional specific requirements.

“The greatest pleasure of all is the pleasure of learning.”

—Aristotle

STUDENT RIGHTS AND GRIEVANCE PROCEDURE

The Feldenkrais Institute of San Diego strives to treat all students fairly, but as in any organization, misunderstandings and even conflicts can arise from time to time. As a student, you have certain rights under the state laws regarding education, and the federal affirmative action laws.

If you feel that your student rights have been violated by the institute—in one circumstance, or over a period of time in a series of

events—you also have the right to try to resolve the problem. In most cases, problem situations turn out better if they're attended to quickly and simply.

To aid in resolving any unfair situations or practices, the Educational Director will hand out Training Review Forms once a year to all students. Students are encouraged to use the form to express any misgivings or grievances. The forms may be anonymous. The forms will be returned to an inbox in the Educational Director's office.

Any grievance should be brought to the Administrative Director and/or to the Educational Director. A meeting between involved parties will be set up at the convenience of the student to resolve the problem within a month. In the unlikely event that a student will feel it is necessary to leave the training program, any unused tuition will be immediately refunded.

STUDENT RECORDS

Student records and attendance are maintained for indefinitely and are available to students. For any record needs, please write to the Feldenkrais Institute of San Diego, 3680 6th Avenue, San Diego, CA 92103.

"NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at the Feldenkrais Institute of San Diego is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the diploma you earn in Feldenkrais Professional Training is also at the complete discretion of the institution to which you may seek to transfer. If the credits or diploma that you earn at this institution are not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending the Feldenkrais Institute of San Diego to determine if your credits or diploma will transfer."

The Feldenkrais Institute of San Diego is approved to operate by the California Bureau for Private Postsecondary Education. The institute

is a private institution; approval by the California Bureau for Private Postsecondary Education does not imply that the Bureau endorses this program, nor does Bureau approval mean that our institution exceeds minimum state standards.

The Feldenkrais Institute of San Diego does not have a pending petition in bankruptcy. It is not operating as a debtor in possession. It has not filed a petition within the preceding five years; nor has the institute had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.).

Any questions a student may have regarding this catalog that have not been satisfactorily by the Feldenkrais Institute of San Diego may be directed to:

Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225 Sacramento, CA 95834; PO Box 980818, West Sacramento, CA 95798-0818; Telephone: (888) 370-7589 or (916) 574-8900; or by fax (916) 263-1897. Website address: www.bppe.ca.gov

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888-370-7589 or by completing a complaint form, which can be obtained on the Bureau's Internet website:
www.bppe.ca.gov