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Catalog Effective: May 1, 2021

The San Diego Feldenkrais® Awareness Through Movement®(ATM®) Professional Training Program

Student Catalog

Start date of program: May 28, 2021

End date of program: June 12, 2023

FI training start date of program: January, 26, 2024

FI training end date of program: November, 1 2025

Welcome to the catalog for the upcoming Feldenkrais® *Awareness Through Movement®(ATM®)* Professional Training Program. 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 *Awareness Through Movement®(ATM®)* Professional Training Program will take place at The Feldenkrais Institute of San Diego. The institute is located in the Hillcrest neighborhood of San Diego, at 3680 Sixth Avenue. The area is a vibrant urban environment located 15 minutes from beaches and within walking distance of restaurants, boutiques, bookstores, coffee shops, and a Whole Foods market.

Arlyn Zones, MA Theater Arts, is the program director for the training. She studied directly with Dr. Feldenkrais and has been practicing the *Feldenkrais Method®* for over 35 years. Arlyn will be coordinating the curriculum with an extensive educational staff. See below for staff bios and for more information about the director.

Training days for the program will be divided into five and ten-day segments with regularly scheduled meetings in-between. Approximately 20% of the program will take place remotely including the between-segment meetings and the opening 5-day segment at the end of May 2021. The FI training will begin January, 1, 2024 until November 1, 2025.

Location

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 space we practice in is around 1,000 square feet with a lovely wood floor, making it ideal for movement-based practices. Our venue is versatile and can accommodate different types of activities including workshops and conferences. The main room opens onto a spacious back patio which can be used for breaks. Our studio and garden are located on the ground floor in which are wheelchair and mobility device accessible.

The center is also home to *Feldenkrais Resources*, the major publisher of Feldenkrais-related books and educational programs. *Feldenkrais Resources* was founded in 1983 to sponsor seminars and develop educational material related to the *Feldenkrais Method* and other Somatic disciplines. We also became the 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 *Feldenkrais* practitioners 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.

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 Training Facility & Equipment

The San Diego *Awareness Through Movement*[®](ATM[®]) Professional Training Program will be 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 the director, and a large back patio garden for lunch or relaxing on breaks. We have chairs, mats, and rollers available to provide a healthy and comfortable movement practice. We have specific Functional Integration (in alignment with massage

therapist) tables for use. These props are equipment for learning. Students also have full access to audio and visual recordings of the lessons for the duration of the training. When a student completes the training, they will get a copy of all recording materials to utilize for their professional work.

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 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 ability to enhance and refine our 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. *Awareness Through Movement (ATM)*, done in groups, harnesses 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 which address every human function and area of the body. Thus the experience of participating 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. Students in the ATM Training will receive 3 sessions of Individualized Functional Integration as part of their training. However 2-year ATM training however does not include professional training in the hands-on work *Functional Integration*.

THE TRAINING PROGRAM

The *Feldenkrais* Professional Training Program will offer participants extensive practical experience and in-depth training in *Awareness Through Movement*. 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 teachers is designed to give students a broad and deep exposure to the multifaceted nature of the *Feldenkrais Method*. The *Feldenkrais* ATM training is designed to introduce and embody in the participants an understanding of the underlying dynamics of *Awareness Through Movement*. Essential to the *Feldenkrais Method* is the experience of "learning how to learn." Each student will come to realize their own creative learning strategies and how to engender in others the process of self discovery.

MISSION AND PURPOSE

It is the mission and purpose of the San Diego *Awareness Through Movement* Training to provide the best possible training in the *Feldenkrais Method*, to offer a rewarding personal growth experience, and to graduate outstanding Awareness Through Movement teachers.

Students will have the opportunity to learn from a wide variety of teachers with diverse backgrounds and teaching styles. The *Feldenkrais* ATM 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 *Feldenkrais Awareness Through Movement* Teachers.

STANDARDS FOR STUDENT ACHIEVEMENT

Achievement (also called “Performance”) Standards define the requirements for a student to meet and exceed on the *Feldenkrais Guild’s* scale by a report from the student’s teacher. Upon successful completion of the two-year ATM training program, which is accredited by the *Feldenkrais Guild* of North America, graduates will be eligible to apply for certification as teachers of *Awareness Through Movement* and will be eligible for membership in the *Feldenkrais Guild* of North America. From there, students will be assessed to see if they will be eligible to take the *Functional Integration* (hands on assisting) portion of the training.

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 experiences. As such, for many students the training itself can be a profound and unexpected transformative process.

Immersion in ATM over the 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 *Feldenkrais* Professional Training accredited by the *Feldenkrais* Guild of North America.

Please note that up to 20% of the class hours may take place over zoom thus reducing the number of live segments.

The Awareness Through Movement 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 425 hours over 85 days, for a period of approximately two years. The *Feldenkrais* ATM Training Program differs from other educational programs 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.

FACULTY

Elizabeth Beringer, *Chief Academic Officer,*

Elizabeth has been involved with the practice and development of the Feldenkrais Method for more than 35 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 between 1976 and 1983.

Elizabeth has maintained an ongoing and varied private practice, applying the Feldenkrais approach with a diverse population including those with severe movement limitations, seniors, musicians, children 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.

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 teaching postgraduate seminars for Feldenkrais practitioners in many locations around the world. She has also taught postgraduate seminars for physical and occupational therapists in the U.S. and Australia. Elizabeth cofounded Feldenkrais Resources with David Zemach-Bersin in 1983 to develop and disseminate Feldenkrais-based educational programs that can be done at home. Since then Feldenkrais Resources has reached interested groups in nearly every country and continues to actively develop new applications of the Feldenkrais Method to meet the expanding interest.

Currently she is involved in the training of new practitioners and recently graduated training groups in Milano, Italy; Biel, Switzerland; and San Diego, 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 has practiced the martial art of aikido since 1977 and currently holds the rank of 6th-degree black belt. Aikido is a nonviolent martial art centered on neutralizing

aggression by redirecting an opponent's force. For many years, she was an instructor at San Diego Aikikai, in San Diego. Her practice of Feldenkrais has been informed by her experiences in Aikido. Elizabeth lives in San Diego with her husband, Rafael Nunez, a professor of cognitive science at the University California San Diego and their daughter.

Arlyn Zones, MA Theatre Arts, Educational Director

Arlyn is known for her ability to bring people deeply into their sensory motor experience. At the same time, she is clear and easy to follow. Drawing from her background in theater she creates a dynamic atmosphere for learning and has a wide variety of ways to bring the material forward.

Arlyn first discovered the Feldenkrais Method through her studies in theater. As a teacher of Movement for Actors she recognized immediately how the Awareness Through Movement lessons could lead young actors to inhabit themselves more fully on stage and also expand their range of physical and emotional expression.

During this time, she also attended her first workshop with Dr. Feldenkrais (1977) and was completely captivated by his vast understanding of human functioning and his dynamic way of teaching. She joined his Professional Training Program in 1980 and graduated in 1983. This would be the last program that Dr. Feldenkrais would conduct during his lifetime.

Since graduating from the Amherst Feldenkrais Professional Training Program in 1983 Arlyn has been continuously involved in all aspects of the Method.

She is one of the most experienced trainers in the U.S. and has taught in more than a hundred trainings worldwide. She has directed her own programs in Europe and North America. In addition, over the last 35+ years Arlyn has taught Feldenkrais workshops for health professionals, performing artists, and the general public as well as offering postgraduate seminars for Feldenkrais Practitioners. She has taught Awareness Through Movement in a variety of settings including schools for children with learning differences, psychiatric hospitals and rehabilitation clinics.

Arlyn has published three series of Awareness Through Movement lessons with Feldenkrais Resources: A Flexible Chest, And the Head is Free, Voice, Breath and Posture.

Carol Kress

Carol is a highly experienced Feldenkrais Practitioner of more than 25 years and a

trainer who brings to her teaching a desire for excellence and a wish to communicate the essence of the Feldenkrais Method.

In her private practice she works with both adults and children with a variety of difficulties, including chronic pain and neurological problems, as well as performing artists. Her work is informed by a long-time involvement in equestrian arts, yoga, a passion for Argentine Tango, and her long time practice of the martial art of aikido, for which she holds a 4th-degree black belt.

Carol first began to study the Feldenkrais Method in 1985, she finished her Feldenkrais Professional Training Program in 1993. Carol teaches worldwide. She has completed the editing and publication of Volume One of an in-depth biography of Dr. Feldenkrais, written by her late husband, Trainer, Mark Reese. She is now working on Volume Two. Carol lives in Marin County, California and practices in Marin County, California.

Karen Zindars, MPT

Karen developed an interest in movement exploration at the early age of five with classical ballet training. Since then she continued dancing, danced professionally for more than 20 years, and then taught dance and movement to students of all levels and ages.

While dancing professionally, she furthered her studies of movement and movement science at the University of California, Berkeley, in physical education and kinesiology. In 1990 she completed her Master's Degree in Physical Therapy (MPT) from the University of California, San Francisco Medical School.

For over 30 years Karen has worked as a licensed physical therapist in outpatient orthopedics. Her experience includes working with a broad range of people, from those with severe neurological deficits, repetitive strain injuries, and postoperative diagnoses, to high-level athletes wanting to improve their performance.

In 2006 she completed her training in the Feldenkrais Method, which helped to bridge her experience in rehabilitation with her experience in dance and movement education. The Feldenkrais Method has enabled her to facilitate recovery more quickly and with more lasting results and learning for the people she works with. Oftentimes, where other therapies have failed, her use of the Feldenkrais Method has produced positive outcomes. In 2012, Karen was awarded Guild Certification as an Assistant Trainer in the Feldenkrais Method, allowing her to teach and share her breadth of experience and knowledge in professional training programs.

Scott Clark, MA Dance

Scott Clark has been involved with movement in one form or another for the past 40 years. He began this journey in college; an MA in dance after a BSc in mathematics. This led him to years of teaching and performing; he was a founding member of the Siobhan Davies Dance Company. After making his way to Feldenkrais, he graduated from the first training in the UK in 1990. Today he works with a wide variety of people including a large number of dancers and musicians. Scott is now a Feldenkrais trainer; in addition to running his own training in the UK he travels actively teaching in training programs around the world. More about Scott: feldenkraislondon.com/about.html

Donna Ray, LMFT

Donna Ray is an internationally known Feldenkrais Practitioner/Trainer and Licensed Psychotherapist. She has directed numerous Feldenkrais Training programs and is currently the Educational Director of the Feldenkrais Institute in Vienna. She is the founder and Director of Feldenkrais Southern California Movement Institute. She imparts knowledge from her 40 years of experience with vitality and insight. Donna works with infants to the elderly, people recovering from accidents and illness. She also helps people suffering from physical, emotional pain and PTSD. Donna has worked with creative and talented people at the highest level of professional athletes, singers, musicians, and actors. Donna's training in Mindfulness, Hypnosis, Interpersonal Neurobiology, EMDR, and Creative Arts benefits her students. Donna loves seeing people learn healthy ways of living that transform their lives. Her students especially appreciate her warm presence, sensitivity, and interdisciplinary competencies. Her practice is in North San Diego, Encinitas. She is available via zoom and in person for mentoring private and business consultations.

THE FIRST YEAR

The emphasis of the first 15 days of year one will be an experiential immersion into the world of Awareness Through Movement®. We will have 3-4 lessons each day and also clarify the principles of the Method as they apply to various lessons and angles of approach.

The first 5-day segment will be similar to a Public Workshop modeled after those that Dr. Feldenkrais used to offer. This will be taught over Zoom. In addition, the group will be given access to a recording of Dr. Feldenkrais conducting a workshop and you will be asked to lie down on the floor and go through it. In between segment one and 2 we will meet on Zoom to discuss your experience.

The next 10 days will focus on a more developmental theme of studying the factors involved in

our adaptation to gravity and the necessary preparation for becoming upright. Each student will have a chance to become aware of his habits of moving and thinking as well as discovering compelling new options.

There will be an interweaving of theory with practical experience. Lectures, discussion and Q&A will also be included. Basic anatomy and neurology talks will be woven throughout.

We will be heading toward a clearer appreciation of what it means to “learn to learn”. Once the kinesthetic aspects of the learning are brought forward and the distinction between organic and academic learning is understood we can move toward some analysis of the lessons themselves. Short teaching exercises will be given to further understand the elements involved in guiding others through the ATM process. Movement observation skills will be brought forward.

We will continue to immerse ourselves in ATM and explore a number of foundational theories which further clarify our understanding of efficient action.

Toward the end of Year 1 we will begin the first round of supervised practicums. Each student will choose a lesson to teach to a small group of colleagues. Feedback and discussion will follow each session. If the student demonstrates sufficient competence at a beginning level, they may be granted permission to begin teaching the public under the “student teacher” designation.

THE SECOND YEAR

The second year of the training program continues to address the structure and function of ATM lessons. Each segment will offer a series of ATMs in relation to functional themes. We will continue with more teaching exercises including working with our voices, our pacing, our skills of observation and our ability to move from concrete movement directions to sensorial cues and meta comments. In our analytical work we will look at different strategies that are used in ATM which serve to bring the entire muscular-skeletal-nervous system into a better equilibrium.

As we move through the 2nd year students will be asked to submit planned curriculums for a series of classes as well as a 1 day workshop. In addition to teaching 2 more lessons under supervision each person will be asked to prepare an introductory talk on the Method and another short talk on a particular theme. Each student will need to teach 2 more supervised ATM lessons as part of their graduation requirements. Some of these sessions may take place on Zoom with a small group of peer participants.

AWARENESS THROUGH MOVEMENT® FUNCTIONAL INTEGRATION® As part of your professional training experience, you will receive at least three private Functional Integration® lessons during the training from members of the faculty or invited practitioners. You will also

receive 3 individually guided “one on one” ATM lessons with a member of the faculty. If you’d like to continue with *Functional Integration* training, it is recommended that you stay on for the following 2 years to develop this skill.

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.

By drawing on the different skills and background that each participant brings, the training will be a place for collaborative interaction and cooperative learning. The smaller group discussions also bring us insight into different styles of learning.

LEARNING RESOURCES

A 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

In addition you will be required to read the Biography of Dr. Feldenkrais written by Mark Reese: “A Life in Movement”

A list of other suggested reading will be provided.

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.

Student Services

We strive that any and all business, financial, and health questions are carefully attended to and intentionally handled of from our staff. We ALWAYS focus on student success and growth,

ensuring our learning environment is best equipped for students to thrive. We make sure our space is always safe, open, and welcoming (physically and mentally). If there is a question or concern out of our scope of practice, we offer recommendations to outside services.

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. 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.

STANDARDS FOR STUDENT ACHIEVEMENT, REQUIREMENTS FOR GRADUATION, AND SUCCESSFUL COMPLETION: We work with the North American Training Accreditation Board (NATAB) on a specific set of requirements that the student must meet and exceed. (NATAB) was established by the FGNA Board of Directors (Board) to uphold and further the standards of the Feldenkrais Method by: reviewing applications for training accreditation, Trainer and Assistant Trainer certification, and Trainer Candidate status; and developing policy recommendations for the Board, in cooperation with the Board, and with training accreditation boards internationally.

As an ongoing process, the program director, trainers, and assistant trainers will evaluate each student on the basis of class attendance, participation, homework, and supervised in-class Awareness Through Movement practice. The Feldenkrais Institute of San Diego's process for Student achievement is done by engaging in discussion, performing of lessons, and reporting from student to teacher. When the teachers and educational director agree upon the successful completion of the two-year ATM training program, which is accredited by the FGNA, graduates will be eligible to apply for certification as teachers of Awareness Through Movement and will be eligible for membership in the Feldenkrais Guild of North America. From there, students will be assessed to see if they will be eligible to take the Functional Integration (hands-on assisting) portion of the training.

In order to graduate students must successfully complete all assignments and and pass all of the required supervisions. Days missed must be made up under the supervision of a staff member.

STUDENT EVALUATION & GRADUATION PROCESS

The progress and learning of each student in the training program will be closely supported, guided and followed throughout the two 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.

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, group discussions, written homework processes, and the student's self-evaluation.

Upon the satisfactory completion of the first year of the Training Program, qualified students may apply for authorization to teach *Awareness Through Movement* to the public. Satisfactory completion of the first year includes: being up to date on the first 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 authorization to teach given at this stage of the program is temporary and expires if the students leaves the program before its completion.

In the event a student is unable to perform an adequate level of *Awareness Through Movement* teaching in their supervisions, the program 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. It is our goal never to surprise a student at the end of the training with additional requirements. Given the generous teacher-student ratios 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 program, upon completion of the Training Program requirements, graduates will be eligible to apply for certification as teachers of *Awareness Through Movement* and will be eligible for membership in The *Feldenkrais Guild* of North America (FGNA).

ATTENDANCE POLICY

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 two years will be required to make up lost time. Assistance will be provided in organizing any required makeup time.

The training program meets for a minimum of 425 hours, for 85 days over a period of approximately two years. There is no refund of tuition for missed days.

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 (this would only occur if someone had to drop out and then joined another program), and a minimum duration of two years (24 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.

For longer absences, students may need to make up time in other training programs, at the student's own time and expense. programs.

APPLICATION PROCEDURE

For admission to the Feldenkrais Training Program, we require that applicants have graduated from high school and have had significant prior experience with the *Feldenkrais* group work *Awareness Through Movement*. Applicants must submit the 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.

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 cannot 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 professional direction. 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 their own independent businesses many Feldenkrais teachers 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.

In order to report gainful employment of our graduates, the Feldenkrais Institution identifies classification code: 39-9099 ("Personal Care and Service Workers, All Other") to prepare graduates for using the United States Department of Labor's Standard Occupational Classification codes, at the Detailed Occupation (six-digit) level. This code does not accurately reflect what we do or what our graduated students earn as income. Some may work at universities, health care centers, and social services. **Most graduates who work in the *Feldenkrais Method* go on to set up private practices (and are self employed). This being said, we do not provide placement services.** We are happy to personally take on the roll to connect competent graduates to places we see fit.

TRANSFER OF CREDIT FROM ANOTHER INSTITUTION

In rare cases a student may transfer into the ATM training program if they have attended portions of another *Feldenkrais* Professional Training program that is accredited by the *Feldenkrais Guild* of North America (FGNA). The *Feldenkrais* Institute of San Diego requires that potential transfer students fill out and complete its application. If you are considering a transfer we suggest you discuss your situation with our staff before applying as space at the San Diego center is limited.

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 cannot be 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 ATM training in June of 2021.

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 ATM Training Program is \$10,500, payable by year during the two-year program. Each of the two-years of training is \$5,250. 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

TOTAL CHARGES FOR THE CURRENT PERIOD OF ATTENDANCE: **\$10,500.00** ESTIMATED
TOTAL CHARGES FOR THE ENTIRE EDUCATIONAL PROGRAM: **\$10,500.00** THE TOTAL
CHARGES THE STUDENT IS OBLIGATED TO PAY UPON ENROLLMENT: **\$10,500.00**

YEAR 1: \$5,250 (includes enrollment fees (below) and STRF fees)

YEAR 2: \$5,250

Enrollment Fees: \$550

Application: \$50.00 (non-refundable)

Deposit: \$500.00 (refundable)

STRF: \$27.50

STUDENT'S RIGHT TO CANCEL

You have the right to cancel your agreement for a program of instruction, without any penalty or obligation. You also have the right to withdraw from school at any time; and you have the right to receive a pro rata refund if you have completed 60 percent or less of the scheduled days in the current payment period in your program through the last day of attendance. **Students may obtain a refund of charges paid through attendance at the first class session, or the seventh day after enrollment, whichever is later.**

Refunds due will be processed within 45 days of the last day of attendance if you provided written notification of withdrawal to the institution or from the date the institution terminates you or determines you withdrew. **Refunds due will be paid without requiring a request from the student.** If you complete more than 60% of the period of attendance for which you were charged, the tuition is considered earned and you will receive no refund.

The student must first speak with a teaching staff before cancelling. They can also send a letter of correspondence to Elizabeth Beringer at the *Feldenkrais* Institute of San Diego, 3680 6th Avenue, San Diego, CA 92103 or by email office@feldenkraisresources.com stating they would like to leave the program. It is important to discuss the process before taking steps to cancel or withdraw. This will help students learn about the consequences, fee payment/reimbursements and readmission.

Planned Leave of Absence

Students who wish to have a Planned Leave of Absence must have approval from one of the program directors. They will need to have a 1 : 1 discussion with the director to sort out next steps and when they will be expected to return to the training as well as complete the training.

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.

Students who are California residents currently must pay two dollars and fifty cents (\$2.50) 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). The total amount is currently \$27.50 for Year 1 and Year 2.

To be eligible for STRF, you must be a California resident or 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 teachout 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.

Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education:

1747 North Market Blvd., Suite 225, Sacramento, California, 95834, or by calling (888) 370-7589

The STRF exists to relieve or mitigate economic losses suffered by a student in an educational program at a qualifying institution if the student was a California resident (or was enrolled in a residency program.)

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.”

All **STUDENTS** who have STRF- related inquiries, please email STRF@dca.ca.gov or call (888) 370-7589, press 6 when prompted

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.

We are happy to support in creating a payment plan that feels good for each student and discounting as much as possible (travel and scholarship).

HOUSING

The San Diego Feldenkrais® *Awareness Through Movement*®(ATM®) Professional Training Program is non-residential and does not offer student housing. The program is not responsible to find or assist students in finding housing.

There is available housing located within 2 miles of the school in North Park/ Hillcrest. The cost of housing is between \$1800.00 to \$6500.00 per month. There is available housing located within 1-2 miles of the school in Gaslamp District. The cost of housing is between \$1800.00 to \$6500.00 per month.

There is available housing located within 4-5 miles of the school in Golden Hill/ South Park. The cost of housing is between \$1800.00 to \$6500.00 per month. There is available housing located within 15 miles of the school in College Area. The cost of housing is between \$1500.00 to \$3500.00 per month.

ACCREDITATION AND CERTIFICATION

The San Diego, California, *Awareness Through Movement* Training Program is fully accredited by The *Feldenkrais Guild*® of North America. At the end of the second year, upon completion of

the training program requirements, you will be eligible to apply for certification as a teacher of *Awareness Through Movement* and will be eligible for full membership in the Feldenkrais Guild of North America.

The San Diego, California *Awareness Through Movement* Training is also Approved by the California Bureau of Post Secondary Education. For California this means that the “Bureau has determined and certified that an institution meets minimum quality standards established by the Bureau for integrity, financial stability, and educational quality, including the offering of bona fide instruction by qualified faculty and the appropriate assessment of student’s achievements prior to, during, and at the end of the program.”

The Feldenkrais Institution and all of its degree programs are not accredited by an accrediting agency recognized by the United States Department of Education.

Please note: *Feldenkrais®*, *Functional Integration®*, *FI®* *Awareness Through Movement®*, *ATM®*, and *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.

STUDENT RIGHTS AND GRIEVANCE PROCEDURE

The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling ((888) 370-7589) or by visiting (www.osar.bppe.ca.gov).

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 Program 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 Program 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 including transcripts of graduates are kept indefinitely. For release of 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 a *Feldenkrais* 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 a private institution. It is approved to operate by the California Bureau for Private Postsecondary Education. Approval to operate means compliance with state standards as set forth in the CEC and 5, CCR. 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.

Neither the *Feldenkrais* Institute of San Diego nor its *Feldenkrais* ATM Training Program is accredited by an accrediting agency recognized by the CA Bureau of Private Post-Secondary

Education.

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