The Feldenkrais Method®
Professional Training Programs
New York City and Baltimore/Washington, D.C.

DIRECTED BY DAVID ZEMACH-BERSIN
FELDENKRAIS INSTITUTE OF NEW YORK

ACCREDITED BY THE FELDENKRAIS GUILD® OF NORTH AMERICA
Feldenkrais represents a revolution in human health

Smithsonian Magazine

Moshe Feldenkrais, teaching (1976)
WELCOME TO THE PROSPECTUS FOR THE FELDENKRAIS METHOD® PROFESSIONAL TRAINING PROGRAMS, DIRECTED BY DAVID ZEMACH-BERSIN. ONE OF DR. MOSHE FELDENKRAIS’ FIRST AMERICAN STUDENTS, DAVID ZEMACH-BERSIN HAS DEVOTED MANY YEARS TO THE PRACTICE AND DEVELOPMENT OF THE FELDENKRAIS METHOD. HE IS ONE OF THE WORLD’S FOREMOST FELDENKRAIS PRACTITIONERS AND TRAINERS, AND IS RESPECTED AS AN INSPIRING AND GENTLE TEACHER.

IN COLLABORATION WITH A DISTINGUISHED FACULTY, DAVID HAS DEVELOPED AN EXCEPTIONAL FELDENKRAIS METHOD TRAINING PROGRAM, OFFERING STUDENTS AN OPPORTUNITY TO IMPROVE THEIR PERSONAL COMFORT AND HEALTH, DEEPEN THEIR UNDERSTANDING OF THE FELDENKRAIS METHOD, AND ACQUIRE THE SKILLS TO BECOME A FELDENKRAIS PRACTITIONER.

STUDENTS RANGE FROM 18-80 YEARS OF AGE, AND HAVE A GREAT DIVERSITY OF BACKGROUNDS. UPON COMPLETION OF THE TRAINING, STUDENTS WILL BE ELIGIBLE TO JOIN A HIGHLY REGARDED, INTERNATIONAL, AND GROWING CROSS-DISCIPLINARY PROFESSION. BECAUSE THE FELDENKRAIS METHOD IS A BROAD APPROACH TO HUMAN LEARNING AND FUNCTIONING, IT CAN BE APPLIED IN A WIDE VARIETY OF FIELDS AND SETTINGS, AND THERE ARE ABUNDANT OPPORTUNITIES FOR DEVELOPING NEW APPLICATIONS OF THE METHOD.

DAVID ZEMACH-BERSIN DIRECTS PROGRAMS IN NEW YORK CITY AT THE FELDENKRAIS INSTITUTE OF NEW YORK, AND IN BALTIMORE, MARYLAND. EACH PROGRAM MEETS FOR 40 DAYS PER YEAR OVER A PERIOD OF THREE AND A HALF YEARS (FOR A TOTAL OF 160 DAYS), AND IS ACCREDITED BY THE FELDENKRAIS GUILD OF NORTH AMERICA. BOTH PROGRAMS ARE WEEKEND ORIENTED, MEETING FOR 5-6 FOUR-DAY WEEKENDS, AND FOR TWO SLIGHTLY LONGER SEGMENTS EACH YEAR.

IN THE FOLLOWING PAGES, WE WILL INTRODUCE THE TRAINING PROGRAM’S CURRICULUM, STAFF, STRUCTURE AND APPLICATION PROCESS. WE HAVE TRIED TO ANTICIPATE THE MOST FREQUENTLY ASKED QUESTIONS, BUT IF YOU HAVE SPECIFIC CONCERNS, PLEASE FEEL FREE TO CALL US. WE WILL BE HAPPY TO SPEAK WITH YOU.
The Feldenkrais Method®

The Feldenkrais Method was developed by Moshe Feldenkrais, D.Sc., a brilliant scientist who synthesized insights from physics, motor development, biomechanics, psychology and martial arts to develop a powerful and practical method. The Feldenkrais Method offers a unique approach to human learning and change, acclaimed for its ability to access the innate neuroplasticity of the brain to improve many areas of human functioning. It can be used to help oneself and others. The Feldenkrais Method is recognized for its remarkable effectiveness in improving posture, flexibility and coordination, and in helping those with restricted movement, chronic tension and pain, injury, and developmental and neurological problems. It is for everyone who would like to live and move more comfortably: adults, children, athletes, and performing artists.

The Feldenkrais Method explores the biological and cultural aspects of movement and posture, and the ways in which habits of moving, feeling and acting constrain us to a limited portion of our potential. As a result of our personal history, upbringing, culture, injuries, etc., we each adopt patterns of physical and psychological behavior. These patterns are deeply embedded in our nervous system, and can become dysfunctional, creating unnecessary physical and psychological limitations. The Feldenkrais Method frees us from outmoded habitual patterns and enables new, more effective ways of moving and feeling to emerge.

The Feldenkrais Method is a powerful way to unlock the secrets of our bodies. It allows the linking of movement, expression, and spontaneity, as well as providing an approach to healing physical and neurological injuries.

James Oldham, M.D.

Awareness Through Movement is a breakthrough in exercise technology.

William I. Koch, Winner 1992 America's Cup

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Awareness Through Movement®

Awareness Through Movement (ATM) lessons or exercises consist of gentle, verbally guided movement sequences, each organized around a different theme. Awareness Through Movement engages our natural intelligence and creates the conditions for effective learning. ATM lessons are accessible to everyone and the results can be extraordinary. Dr. Feldenkrais created an impressive variety of ATM lessons, addressing every area, joint and muscle group in the body and every human function.

The learning process in Awareness Through Movement is full of surprises, and provides the pleasure of learning in new and unexpected ways. The training program will give you an opportunity to experience the full breadth and depth of the ATM repertoire. The growth and learning gained through ATM builds over time, allowing new ways of thinking, feeling, moving, and action to emerge. ATM forms the foundation for all aspects of the curriculum.

After years of back problems, the Feldenkrais Method has given me the ability to remain free of pain. They are by far the most effective and pleasurable exercises I have ever done.

Joseph Botkin, M.A.
**Functional Integration®**

Functional Integration (FI) is a one-to-one approach for working with people. Learning, change and improvement are achieved through the use of specific skilled manipulation and passive movements, individualized for the student's (client's) particular needs. Functional Integration is gentle, subtle, effective, and recognized for its ability to address both minor aches and pains, and serious muscular-skeletal and neurological problems, chronic tension, and the developmental problems of children.

Feldenkrais Practitioners may specialize in applying Functional Integration with such physical difficulties as cerebral palsy, multiple sclerosis, repetitive strain injury, scoliosis, stroke, chronic back, neck, and shoulder pain, head injuries, TMJ pain, the issues of performing artists and athletes, etc.

The Feldenkrais Method is the most sophisticated and effective method I have seen for the prevention and reversal of deterioration of function.

_Margaret Mead, Ph.D., Anthropologist_

I can’t say enough good things about the Feldenkrais Method. I believe it’s made the difference between continuing my competitive running career and retiring prematurely.

_Chris Boyd, 1992 US Track National Champion (5,000 meters)_

After suffering a serious stroke 10 years ago, my doctor told me I would never walk again. Thanks to the Feldenkrais Method I am still walking today.

_Dora Good, Student_

The Feldenkrais Method has had remarkable success in a wide range of complaints ranging from the debilitating to the merely nagging.

_Science Digest_

No one understands Functional Integration better than David Zemach-Bersin. David has incredible mastery of both the creative spirit and technique of Functional Integration.

_Mark Reese, Ph.D., Feldenkrais Trainer_

My son was severely neurologically injured in an athletic accident. David was able to do what no one else could do. I have witnessed the benefits of the Feldenkrais Method and the results are amazing. I now have my healthy normal child again.

_Myra Baltra, Mother_

Acclaim for the Feldenkrais Method

I have long been intrigued by this subtle form of retraining the nervous system, which I recommend to patients whose movement has been restricted by injury, cerebral palsy, stroke, fibromyalgia, or chronic pain. I find it to be much more useful than standard physical therapy. I also believe that the Feldenkrais Method can help older people achieve greater range of motion and flexibility, and help all of us feel more comfortable in our bodies.

Andrew Weil, M.D., Author of Spontaneous Healing and Natural Health, Natural Medicine

Following the program with Feldenkrais, patients showed significant improvement in their levels of pain, decreased numbers of medications, and increased quality of life.

American Journal of Pain Management

One of the most exciting developments in the field of mind-body coordination is the work of Dr. Moshe Feldenkrais.

Elmer Green, Ph.D., Menninger Foundation

The Feldenkrais Method has shown me how to balance my body and improve my flexibility.

Chris Dudley, NBA Player, New York Knicks

The Feldenkrais Method has allowed me to play pain free golf, without worrying about injury.

Duffy Waldorf, PGA Tour Golfer

The Feldenkrais Method is a remarkable, quick, and effective way to alleviate muscular tension and discomforts.

James Rice, M.D.

The Feldenkrais Method is an extraordinarily effective approach to enhancement of posture, balance, movement and behavior.

Sandy Burkhart, P.T., Ph.D.

As a violinist, the Feldenkrais work has not only sped my recovery from injury, but greatly enhanced my sense of physical integrity, ease and grace.

Ingrid Matthews, Violinist and Music Director of the Seattle Baroque Orchestra

After having suffered from severe shoulder problems and surgery, I have found lasting relief with my Feldenkrais sessions.

Gloria Jones, Atlanta Symphony Orchestra

The Feldenkrais Method offers dancers an education that can help them turn pain around, continue dancing, and reestablish their love of dance.

Nancy Galeota-Wozny, M.A., Dance Magazine

The Feldenkrais Method has given me the ability to do things in tennis I never could do before and has relieved my body of the pain accumulated from over twenty years of competitive playing.

Tony Trear, Tennis Teaching Pro and Ex-Pro Player
Training Program Participants

The Feldenkrais Training Program attracts an extremely varied student population from across the U.S. and Europe. We are seeking a well-balanced student body, people from all walks of life, representing the full diversity of human experience, interests, backgrounds and professions. Participants are drawn to the training program for a variety of reasons. Some students join the program as a means for self-growth or healing, to improve their personal comfort and health, or to deepen their understanding of the Feldenkrais Method. Others join for professional development, to bring new perspectives to their work, to enhance skills they already possess, or to develop a new occupation and join a rewarding profession. For some, the option of being self-employed is particularly attractive. Whatever the reason for beginning the program, everyone progresses together, while learning at their own pace.

There are no specific prerequisites for admission to the training program. Participants in previous programs have ranged from 18-80 years of age. We accept students into the program regardless of age, gender, or physical ability.

Career Opportunities and Professional Benefits

Public recognition of the Feldenkrais Method is growing as new scientific studies demonstrate the effectiveness of the method. At the same time, our culture is becoming increasingly interested in complementary and alternative medical approaches. The Feldenkrais Method is at the leading edge of alternative approaches. As the Feldenkrais Method is a general approach to human improvement and functioning, it can be applied in a wide variety of settings and there are abundant opportunities for developing new applications of the method.

Today, there are over 10,000 Feldenkrais Practitioners around the globe. Many maintain successful independent private practices in the Feldenkrais Method, and others apply the work in such diverse fields as physical and occupational therapy, child development, rehabilitation, psychology, education, ergonomics, gerontology, theater, dance, music, athletic performance and massage therapy. The Feldenkrais Method’s unique combination of techniques for profound self-development, as well as effective applications for helping others, guarantee it a major role in health enhancement for the coming century.

Dr. Moshe Feldenkrais has developed a system that is many years ahead of conventional medical understanding.

Martin Rossman, M.D., Author

Participating in a Feldenkrais Method Training Program will give you:

- Improved posture, greater flexibility, better coordination and greater ease of movement, increased vitality, regardless of your age or physical ability.
- Skills that can improve the lives of others and a revolutionary paradigm that produces an extraordinary environment for learning and healing.
- A multitude of unique approaches for effectively helping adults and children with a wide range of chronic aches and pains, orthopedic and neurological problems.
- A vibrant understanding of ‘how to learn’ effectively and enjoyably in any area of your life and how to construct positive learning situations to help others.
- Membership in an international, growing, creative and exciting profession.
- Profound psychological and emotional growth through self-discovery and increased self-knowledge, and an understanding of the somatic aspects of emotions, habits, and body image.
- Ways to recognize and transform – for yourself and others – the underlying patterns that create physical pain, stress and strain.
- Freedom to be self-employed and options for employment in schools, clinics, hospitals, and universities.
- Ways to enhance and invigorate your current profession with innovative tools for learning and teaching.
- Innovative applications for working with people in areas such as music, theater, dance and athletic performance.
The Curriculum

Our Feldenkrais Method Training Programs meet for 800 hours, over 160 days for a period of 3 1/2 years. The curriculum is divided into four separate years.

1 The First Year

The first year of the Feldenkrais Method Training Program will immerse you in all aspects of the Feldenkrais Method. Daily ATM lessons, at least three private FI lessons, lectures, demonstrations, theoretical discussions and hands-on work with other students will give you a well-rounded foundation for personal learning, growth and understanding. Fundamental ideas from learning theory, physics, kinesiology, motor development, 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, self-organization and observation skills required in Functional Integration. You will learn to distinguish between the biological and cultural aspects of movement and posture, and discover how habitual ways of moving, feeling and acting constrain us to a small portion of our potential. Awareness, as a tangible component of experience, will be developed through coordinating our intention and action.

The Training Process

The training program encourages each student’s development in a non-competitive and supportive environment. There is no rote learning and each student progresses naturally at their own rate. Using a holistic and phenomenological approach to learning, you will master techniques and practices for both personal benefit and professional applications for helping others. The training will offer you the knowledge, self-understanding and skills necessary to become an outstanding Feldenkrais Practitioner.

The Feldenkrais Method Training Program is designed to help students ‘embody’ a deep personal understanding of Functional Integration and Awareness Through Movement. We will explore the neurological, biological and psychological theory underlying the Feldenkrais Method. Essential to the study of the Feldenkrais Method is the experience of “learning how to learn.” We begin that process with ourselves through ATM and then utilize what we have learned, to make the process interactive through FI.

Awareness Through Movement® (ATM)

Throughout the training, you will experience an extraordinary variety of lessons including: simple yet powerful lessons, intricate lessons with an extended and interwoven structure, and lessons for specific problems or groups of people. We will emphasize ATM for personal growth and development throughout the entire program. Midway through the program, most students will be authorized to teach ATM to the public.

Functional Integration® (FI)

As part of your training program experience, you will receive private Functional Integration lessons each year from members of the faculty or invited Feldenkrais Practitioners. If you wish, you may arrange for supplemental lessons. You will also have the opportunity to observe lessons given before, during, and after class, and videotapes of Dr. Feldenkrais and others giving lessons to adults and children with various physical challenges.

We will begin teaching basic touch and contact skills from the beginning of the program, emphasizing the development of sensing abilities and “seeing with the hands.” Throughout the program, you will refine your tactile and kinesthetic acuity, gradually developing your skills by practicing with one another in supervised situations. By the end of the program, you will have an understanding of the structure and syntax of FI, so that you can successfully create FI lessons to help others.

The Second Year

The second year will address in depth the structure and function of both ATM and FI lessons. For example, you will learn how to analyze the structure and logic of different lessons and how to distinguish the essential elements of a lesson. At the end of the second year, most students will be authorized to teach ATM classes to the public, if they wish to. To prepare you for teaching ATM, the implicit structure and pattern of lessons will be made evident. All aspects of teaching ATM will be covered and you will have opportunities to practice under supportive supervision. While learning on ourselves, 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. As your embodied experience deepens, your personal growth and development will continue.
After a serious injury, the Feldenkrais Method training helped me resume my career as a much better dancer than I had ever been before.

Jae Gruenke, Graduate

The Third Year

In the third year, your self-growth will still be a focus, but you will now further develop the technical skills, touch, sensory acuity and understanding required to give Functional Integration lessons. Through the ‘cross-fertilization’ of FI and ATM, your depth of understanding and skill will increase. You will be able to watch 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 reinforced. We will explore the application of Functional Integration to special groups such as children with motor development issues, musicians, athletes, adults with neurological problems or chronic pain, etc. You will learn FI strategies to interrupt habitual muscular patterns, take over the work of the muscles, and elicit basic functional and developmental patterns.

The Fourth Year

The fourth year continues all the themes presented in the previous years. You will develop greater confidence with all aspects of the Feldenkrais Method and find ‘all the pieces coming together.’ You will learn how to perceive and analyze individual movement patterns, understand the dynamics of learning, construct meaningful learning situations for others, and develop FI lessons in various situations such as sitting, standing, walking, kneeling, lying, etc. As you continue to learn and your understanding of function, movement development and learning deepens, your ability to help people with difficulties will increase.

In supportive, supervised situations, you will work with clients with varying degrees of difficulties from outside the training. We will discuss how to coordinate and begin a professional practice, and address ethical issues. The ATM themes in the fourth year will be very rich and will give you a lasting grasp on the power, beauty and personal satisfaction possible through the Feldenkrais Method.

Dr. Moshe Feldenkrais working with a young girl with cerebral palsy.

The Feldenkrais Method Training with David Zemach-Bersin is the best thing I’ve ever done for myself!

Jennifer Lee, Graduate

As a neuroscientist interested in the development and plasticity of the nervous system, it is gratifying to see how the Feldenkrais Method demonstrates these principles. The Feldenkrais Method has also greatly improved my personal quality of life – physically and emotionally – by reducing the restrictions and limitations I thought were permanent due to multiple sclerosis.

Marla Luskin, Professor, Emory University Medical School

I came to your program a different person than I am now. I had no idea of the possibilities and the choices that now exist for me. I feel my fear to be myself falling away and I am willing to try things I never thought I would try. I am hugely happy.

Debbie Visceglia, Graduate

The Feldenkrais Method has totally changed the way that I see myself, and how I relate to the world. The freedom I have found is extraordinary, and the lessons have freed me from numerous complaints and ailments. Each day I find another thing that I can do. The training has given me a feeling of passion to be able to live life with purpose.

Margaret Fletcher, M.D., Graduate
Additional Learning Modalities

In addition to Awareness Through Movement and Functional Integration lessons, we offer small group work, discussions, lectures, supervision, assigned readings and study groups.

Faculty and guest lecturers will discuss the background of the Feldenkrais Method and explore how current areas of knowledge relate to the method. You will learn how Dr. Feldenkrais developed the method and about the historic, philosophical, and scientific basis of his thinking and work. We will bridge the gap between reading materials and your class experiences, make connections between ideas and devise ways to put those connections into action.

To help you understand how the Feldenkrais Method relates to prevailing ideas, the curriculum may include talks by teachers or guest lecturers in the areas of:

- Anatomy & Kinesiology
- Infant Motor Development
- Neurobiology
- Learning Theory
- Embodied Cognition
- Communication Skills
- Dance & Martial Arts
- Movement Analysis

Dr. Moshe Feldenkrais’ method will be of great benefit to all of humanity. From my own experience, I know the remarkable results achieved.

David Ben-Gurion, First Prime Minister of Israel

Program Schedule

Each of our Feldenkrais Method Professional Training Programs meets 40 days per year, over a period of 3 1/2 years, for a total of 160 training days or 800 hours. The programs satisfy or exceed the highest accreditation standards set by the Feldenkrais Guild® of North America. The programs meet in a unique weekend-oriented format, especially structured to be convenient for working people and people with families. This schedule provides both the continuity of regular meetings over the year with the immersion of longer segments.

Make-Up and Review Sessions

Because most of our programs are weekend oriented, we understand that students may need to miss some days each year. We provide extensive opportunities for making up missed days and you may make up a limited number of days by listening to audio recordings of the missed days.

We provide approximately 150-200 hours of review and make-up sessions for each of our programs. If you miss time, these extra sessions will enable you to make up that time. In addition, you will have easy access to our other programs, which you may attend to either make up missed time or simply to further your studies.

Locations

The New York City Feldenkrais Method Training Program is held at our center in Manhattan, convenient to Penn Station and subway lines. Our Baltimore/Washington, D.C. program is held in the Mt. Washington area of Baltimore.
Training Program Director

David Zemach-Bersin leads the teaching staff for the Feldenkrais Method Professional Training Programs as Educational Director and primary teacher. He has designed an outstanding training program and will be present for 70-90% of each program.

David Zemach-Bersin in class with Dr. Feldenkrais (1975).

David is an Honors graduate of UC Berkeley, with extensive postgraduate work in physiological psychology. He has served as President of the Feldenkrais Guild, and for nearly a decade on the Training Accreditation Board of the Feldenkrais Guild of North America. David is the co-author of Relaxercise (HarperCollins), a popular introduction to the Feldenkrais Method, and has authored many Feldenkrais audio programs for both Practitioners and the public. Since 1977, he has maintained a varied private practice working with a diverse population, including those with minor and severe movement limitations, neurological problems, children, seniors, musicians, dancers, actors, and those in chronic pain. David lives with his wife and daughters in Bucks County, Pennsylvania.

David Zemach-Bersin in class with Dr. Feldenkrais (1975).

David Zemach-Bersin is one of Dr. Moshe Feldenkrais’ original American students and has been a leader in the development and practice of the Feldenkrais Method for over 30 years. He studied closely with Dr. Feldenkrais from 1973-1984, in the U.S., Europe, and Israel. David’s devotion to the method, clarity and in teaching, and vast understanding and experience make him one of the world's most highly acclaimed Feldenkrais Teachers and Trainers.

David teaches in Feldenkrais Training programs throughout the U.S. and Europe, as well as popular postgraduate courses for Feldenkrais Practitioners. He has been involved in the development of clinical and workplace applications for the Feldenkrais Method, and has taught courses for physical and occupational therapists throughout the United States. Since 2004, David has taught the Feldenkrais Method at the prestigious Marlboro Music Festival, working with some of the world’s leading classical musicians.

In 1983, David founded Feldenkrais Resources with Elizabeth Beringer. Feldenkrais Resources is the primary publisher of Dr. Feldenkrais’ English language books and audio programs, as well as materials and programs by the world’s leading Feldenkrais Teachers. In 2005, David co-founded the Feldenkrais Institute of New York, an innovative and interdisciplinary center devoted to the work of Dr. Feldenkrais. In 2007, he also co-founded the Feldenkrais Research Foundation, a non-profit devoted to initiating and supporting scientific research on the Feldenkrais Method. Currently, the Feldenkrais Research Foundation is investigating the ability of the Feldenkrais Method to improve balance with seniors. Forthcoming projects include an examination of the efficacy of the Feldenkrais Method with multiple sclerosis, scoliosis, and recovery of mobility after mastectomies.

Dear David: I can’t thank you enough for your artistry.

Richard Goode, World Renowned Pianist
What Graduates Say About  
The Feldenkrais Method Training Program

The Feldenkrais Method Training Program has been a life changing experience, both personally and professionally. I gained an understanding of the human body that no other discipline gave me and I am more effective with my clients.

Marek Wyszynski, P.T., Former National Fencing Champion of Poland, Graduate

There is no better investment of time in the service of one’s self or profession, than the Feldenkrais training program with David Zemach-Bersin. He is a master of all aspects of the Feldenkrais Method and the outcome is astounding. The experience has given me new direction to my life.

Gisela Moellmann, Ph.D., Graduate

David’s clarity, caring, and his contagious love for learning make his Feldenkrais Method training program an outstanding experience.

Terri Miller, M.S., P.T., State University of New York at Brooklyn, Graduate

I am so happy that I joined this training program. It has tremendously affected the quality of care which I can give to my severely handicapped daughter. I highly recommend the training to all parents of children with special needs.

Mimi Rosa, Student

I took the training program for my own well-being, hoping that I would learn to move with more ease and flexibility. To my surprise, amazement and delight, not only do I now have more flexibility in my body, but in every aspect of my life. Studying the Feldenkrais Method has profoundly changed my life.

Mary Ann De Trana, Graduate

The Feldenkrais Training has been a dazzling experience and is for everyone interested in their health and well-being.

Anita Treash, Advertising Executive, Graduate

David Zemach-Bersin is a master Feldenkrais Teacher and the Feldenkrais Method is a powerful system of movement retraining.

Patty Ruppelt, P.T., Graduate

David Zemach-Bersin is a world-class teacher. It’s a joy to learn from the best!

Douglas Warner, Industrial Designer, Graduate

Participating in the Feldenkrais Training has been a fantastic experience of learning, exploring, and discovery. I’m aware of enhanced abilities in all areas of my life.

Jaclyn Boone, Book Designer, Graduate
**Application Procedure**

The *Feldenkrais Method* Professional Training Program is open to anyone interested in learning the *Feldenkrais Method* for either personal or professional reasons. Please submit the enclosed application form and a $50.00 processing fee. This 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 and choose not to attend, your application processing fee is non-refundable.

Enrollment is limited, and the programs are often full to capacity. Applications will be reviewed on an as-received basis. You will be notified of acceptance within 30 days of receipt of your application. As space in each program is limited, if your application is accepted, a $500 deposit will be necessary to reserve your space in the training. If you have any questions, please call us.

**Tuition**

Tuition is set independently for each program. Upon acceptance into the program, you will be given information on tuition payment options. Payment plans and a limited number of work/scholarships are available, as well as possible reductions for students traveling from outside of a 120-mile radius or from overseas. Tuition payments can be made with Visa, MasterCard or American Express. Checks should be made payable to *Feldenkrais* Professional Training Programs.

**Late Enrollment**

If there are openings, you may be allowed to join a program late. Late enrollees make up their missed time through a combination of specifically provided make-up sessions, and audio and videotape review of missed days.

*The Feldenkrais training has been a process of learning how to listen to my kinesthetic sensations. With Awareness through Movement, I began to hear the wisdom that millions of years of evolution has wired into my organism, and how a small movement in one part of myself, can echo throughout the whole. With Functional Integration, I learned how to create resonance for this wisdom in another person. It is an experience that continues to bring wonderful improvements to the personal, professional and artistic realms of my life.*

Robert Cowie, Jazz Pianist, Graduate

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Please specify which program you are applying to and submit all applications to:

**Feldenkrais Method Professional Training Programs**

Chelsea Arts Building • Second Floor
134 West 26th • New York, NY 10001

800-482-3357 • 212-727-1014
Fax 212-727-2787
email: info@FeldenkraisTrainingPrograms.com

www.FeldenkraisTrainingPrograms.com
www.FeldenkraisInstitute.com

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**Graduation and Certification**

The progress and learning of each student in the training will be supported, guided and followed throughout the program. Upon satisfactory completion of the second year of the training program, qualified students will be authorized to teach *Awareness Through Movement* to the public. 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 their country of residence.

**Personal Growth Track**

For those who wish to participate and complete the training program for reasons of personal development rather than professional skills, a completion certificate is available, without the authorization to be a Guild Certified *Feldenkrais* Practitioner. In this case it is not necessary to satisfy all of the same requirements for graduation.
Additional Faculty

In conjunction with David Zemach-Bersin, a team of diverse and dedicated instructors will be present throughout the training. Our outstanding faculty, most of whom studied directly with Dr. Feldenkrais, have been selected for their extensive knowledge and experience, areas of expertise and ability to communicate the depth of the Feldenkrais Method.

The Feldenkrais Method Professional Training Programs faculty usually includes: Ruty Bar, M.A. (Israel), Elizabeth Beringer, Donna Blank, Deborah Bowes, P.T., Ph.D., Julie Casson-Rubin, M.A., Sheryl Field, Carl Ginsburg, Ph.D. (Germany), Anna Johnson, Paris Kern, Carol Kress, Dennis Leri, Aliza Stewart, M.Mu., and Arlyn Zones, M.A. The variety of teachers offers students a broad exposure to the multifaceted nature of the Feldenkrais Method.

In addition, guest lecturers from related fields occasionally address the training program. These teachers will broaden your understanding of the Feldenkrais work, your sense of its relationship to the arts and sciences and your appreciation for the future development of the work.

The Feldenkrais Guild Training Accreditation Board guidelines require that a training program maintain a student to teacher ratio of 20:1 for the first two years and 15:1 for the final two years of the program. We will always meet or exceed these guidelines.

Program Accreditation

Our Feldenkrais Method® Training Programs are fully accredited by The Feldenkrais Guild® of North America (FGNA) and recognized by all international Feldenkrais teacher organizations throughout Europe, Australia, Israel, and South America.

Note: Accreditation by the FGNA does not indicate that a program meets local or state laws for postsecondary or vocational training.

As a ballet teacher, dancer and choreographer, my balance, strength, and musical quality have been greatly enhanced after studies of the Feldenkrais Method.

Fiona Morris-Duff, Professional Dance Teacher and Physical Therapist

I am 71 and feel in my body like a young person without any significant pain or limitation. I know this is because of the Feldenkrais Method.

Robert Shaw, M.D.

Moshe Feldenkrais’ work is the only objective system of movement training I know of.

Anna Halprin, founder, Dancers’ Workshop and Tamalpa Institute

The Feldenkrais exercises are ingenious.

Yehudi Menuhin, Renowned Violinist
Sponsoring Organization

The New York Feldenkrais Method Professional Training Program is sponsored by the Feldenkrais Institute of New York. The Feldenkrais Institute is a collaborative institution dedicated to the practice and development of the Feldenkrais Method, bringing together under one roof, a clinic, classes and seminars for the public, Feldenkrais Practitioner training programs, research, and postgraduate training. The Feldenkrais Institute is the largest center in North America devoted to the Feldenkrais Method and its applications in the fields of health, rehabilitation, artistic and athletic performance, and lifelong learning.

Postgraduate Training

The Feldenkrais Institute of New York is the leading institution for the postgraduate training of Feldenkrais Practitioners, offering seminars with senior Feldenkrais Teachers from the U.S., Europe and Israel. Upon graduation, there will be many opportunities for your continued training and learning.

The Feldenkrais Institute Offers

- A clinic providing private Functional Integration Sessions and Physical Therapy
- Daily Awareness Through Movement classes
- Individualized Awareness Through Movement Sessions
- Individualized Treatment Programs for Specific Issues
- Home and Workplace Visits
- Weekend and Evening Workshops
- Postgraduate Training and Mentoring for Feldenkrais Practitioners
- The New York City Feldenkrais Method Professional Training Program

For more information about the Feldenkrais Institute, contact us at 212-727-1014 or see us on the web at www.FeldenkraisInstitute.com

Continuing Education Units

We can help to facilitate obtaining continuing education credits through your professional organization. We will be seeking approval in Maryland, New Jersey and New York. We are approved for continuing education credit by the National Certification Board for Therapeutic Massage and Bodywork.

Housing and Childcare

The training programs are nonresidential. We will offer assistance finding reasonable cost housing for anyone coming from outside the area of the program. Students may reduce their lodging costs by rooming together. If there is enough need, assistance setting up childcare on site will be offered.
In a perfectly matured body which has grown without great emotional disturbances, movements tend gradually to conform to the mechanical requirements of the surrounding world. The nervous system has evolved under the influence of these laws and is fitted to them. However, in our society we do, by the promise of great reward or intense punishment, so distort the even development of the system, that many acts become excluded or restricted. The result is that we have to provide special conditions for furthering adult maturation of arrested functions.

Moshe Feldenkrais

Through a process of uncovering our own habitual ways of moving, feeling and thinking, we begin to discover a more fundamental part of ourselves.

David Zemach-Bersin

The Field Center

The Field Center for Children's Integrated Development is a not-for-profit dedicated to reducing the difficulties experienced by children with developmental and motor disorders through the use of the Feldenkrais Method. The Field Center is directed by Sheryl Field, and is located at the Feldenkrais Institute in New York City and in Montclair, New Jersey. Programs focus on treatment, community education, family involvement and scientific research.

For more information, please visit www.thefieldcenter.org or call 973-655-0385.

Feldenkrais Resources

is the primary publisher of Dr. Moshe Feldenkrais’ books, audio and video materials

For a free catalog of Feldenkrais Method audio and video programs and books, call: 800-765-1907

email: info@feldenkraisresources.com

www.feldenkraisresources.com

Please Note:

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Training programs are subject to cancellation as a result of insufficient enrollment, teacher availability, and/or location availability. In case of location change, applicants will be notified in advance.

We do not guarantee that graduates of the training will be able to practice in states or countries where local laws, licenses or regulations may stipulate additional specific requirements.

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ccdesign@pil.net

Sheryl Field, Program Faculty
Dr. Moshe Feldenkrais, D.Sc. (1904-1984) was a distinguished scientist, physicist and engineer. Born in Russia, Feldenkrais moved to Palestine at the age of thirteen, and in his early twenties began his university studies at the Sorbonne in Paris, France. He earned a D.Sc. in Physics and was a close associate of Nobel Laureate Frédéric Joliot-Curie at the Curie Institute in Paris, where they conducted research and published numerous papers together. He was one of the first Europeans to earn a black belt in the Japanese martial art of Judo, co-founder of the Judo Club du France, and author of many books on the subject. In 1940, he moved to England, and during the Second World War he worked on scientific research for the British Admiralty. During the early 1940s, Feldenkrais found himself unable to walk due to a serious injury. He began an intense study of the relationship between bodily movement and healing, feeling, thinking, and learning. Feldenkrais not only restored his ability to walk, but also made revolutionary discoveries which would culminate in the development of the method that now bears his name.

In 1950, Feldenkrais moved to Israel to teach and conduct research at the Weismann Institute. In the early 1960s, after over a decade of developing and testing the theories which were the genesis for the Feldenkrais Method, he began to devote himself full-time to applying his ideas to help people with a wide variety of problems and disabilities. Among his students were Margaret Mead, David Ben-Gurion, Moshe Dayan, Yehudi Menuhin, Igor Markevitch, Peter Brook, and many leading figures in music, dance and theater. In 1971, he completed his first training program for new Feldenkrais Practitioners. In 1972, Feldenkrais began teaching in the United States, starting a training program in San Francisco in 1975, and another in 1980, in Amherst, Massachusetts.

Before his death in 1984, Feldenkrais personally trained a small group of practitioners to continue his work. Today, there are over 10,000 Feldenkrais Practitioners around the globe. His insights have contributed to the development of the new field of somatic education and continue to influence disciplines such as the arts, education, psychology, child development, physical and occupational therapy, sports enhancement, and gerontology.

Feldenkrais has studied the body in movement with a precision that I have found nowhere else. Peter Brook, Film and Stage Director

Books by Moshe Feldenkrais


*All of the books listed above, as well as additional audio programs are available from the Feldenkrais Institute Bookstore. To order, call 212-727-1014*
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- Improve Your Movement Efficiency
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Edith Weiss

Introduction to the Feldenkrais Method and Relaxercise are both available from The Feldenkrais Institute Bookstore.
To order, call 212-727-1014 or visit us at FeldenkraisInstitute.com
**International Feldenkrais Method Professional Associations**

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<th>Country</th>
<th>Association Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>UNITED STATES &amp; CANADA</td>
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<td><em>Asociación Feldenkrais Argentina</em></td>
<td>Ramallo 2606, 3° piso, oficina 306, C1429DUT, Capital Federal, Argentina</td>
<td>Tel: 54 11 4703 4756</td>
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<tr>
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<td><em>The Australian Feldenkrais Guild Inc</em></td>
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<td>Tel: 61-7 3311 2049</td>
</tr>
<tr>
<td>AUSTRIA</td>
<td><em>Feldenkrais Verband Österreich</em></td>
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<td>Tel: +43 1 479 25 03</td>
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<td>Tel: 089 / 523 101 71</td>
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<td>Tel: +1-514-807-3296</td>
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<tr>
<td>SWEDEN</td>
<td><em>Svenska Forbundet for Auktoriserade Feldenkrais Pedagoger</em></td>
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<td>Tel: 0046-4018 8864</td>
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<td>SWITZERLAND</td>
<td><em>Schweizerischer Feldenkrais Verband</em></td>
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<td>UNITED KINGDOM</td>
<td><em>The Feldenkrais Guild U.K.</em></td>
<td>The Bothy, Auchenhies Walled Garden, Blairns, Aberdeenhire AB12 5YS UK</td>
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**International Feldenkrais Federation**