



Feldenkrais Training Program
OF BALTIMORE

STUDENT ORIENTATION HANDBOOK

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Welcome

Dear Baltimore Feldenkrais Training Program Students:

Welcome to the Student Handbook for your Feldenkrais Training program. This booklet is intended to answer most of your administrative questions, and to give you a feeling for the rules and regulations which govern the educational aspects of the program. If you have any questions that you feel are not addressed in the handbook, please feel free to talk with us.

Sincerely,

Aliza Stewart and Paris Kern

Our Home: Baltimore Studios

The Baltimore *Feldenkrais Method* Training Program is held at The Living Well. We are very fortunate to be able to rent this space. We have a kitchen and dining area and, as we are guests, we ask that Baltimore Studios' property be respected. We want to always return the space in as lovely a condition as when we arrived.

Logistics of the Space

Location: Baltimore Studios is located at 235 Holliday Street Baltimore, MD 21202, about 1 mile from Penn Station in Baltimore. Baltimore Studios is housed in a beautiful newly renovated loft space with hard wood floors. A mere three blocks from the Inner Harbor of Baltimore, this thriving business district is home to restaurants, offices, shops, and museums. If you are flying in to BWI Marshall Airport, you can get connections to the train station from the airport or take a cab.

Cell Phones: Please remember to turn your cell phone off or to 'vibrate.' The ringing of cell phones is disruptive to everyone, even during lunch times inside the training room.

Mats: Mats for the training will be provided. They are new, heavy moving mats. Please bring a pillowcase, towel, or light sheet to cover your mat. You are welcome to bring additional padding if you think it is necessary.

Kitchen & Dining Area: During your training segments you are welcome to use the on-site refrigerator and microwave. Food left in the refrigerator must be marked with your name and date. Unmarked food will be removed from the fridge. Please remember to take your food out of the refrigerator at the end of each day. The dining area is available for your use during breaks and before and after your training day. A tea and table is available for your use in the dining area. Keep your voices at a quiet level, as *Functional Integration* sessions may be occurring.

Restrooms: Restrooms are located on each floor. Please notify a work-study person or a staff member if the restrooms are out of toilet paper, soap or paper towels, or if there is any plumbing issue. Unless there are other people using the bathroom, please turn off the lights when you leave.

Getting Oriented

Class Etiquette

Basic Program Hygiene: The *Feldenkrais* Training Program of Baltimore serves approximately 50 students in a limited space. Thus, the personal hygiene habits of one person may have an impact on others. We ask that students be considerate of others, practice good basic hygiene, including washing your hands often, using the provided disposable face towels on the *Functional Integration* tables, and not coming to class if you are sick. Please be mindful of not using any strong scents which might provoke allergic reactions in others.

Cell Phones: Please remember to turn your cell phone off, or to 'vibrate'. The ringing of cell phones is disruptive to everyone, even during lunch times inside the training room.

Asking Questions: Each day there are opportunities to ask questions. **If you have already asked one question during the Q&A times, please give someone else a chance. Please use the microphone so that everyone can hear you; the questions will also be recorded.** We would like to give everyone a chance to be heard, and of course some students tend to be more comfortable speaking up and asking questions, than others.

Teacher Breaks: After *ATM* lessons and *FI* practice there will be short breaks. **These are also breaks for the Trainer or main teacher.** Please allow them to have a break by refraining from asking them questions. Teachers will be available at lunch times and by pre-arrangement if you need to talk about anything.

Suggested Items to Bring With You to the Training

Comfortable, loose clothing
Socks
Extra layers for warmth during the winter
Notebook and pen
Lunch and/or snacks (optional)

Housing

There are many excellent listings for temporary housing in Baltimore on such web sites as Craigslist.com, Airbnb.com, couchsurfing.com, etc. In addition, the training program maintains a list of reasonably priced housing options, hotels, and private rooms. Traditionally, students have worked together to find inexpensive shared housing, and often fellow students in the program will offer accommodations in their home. We have roots in the community and work to help find suitable housing at a reasonable price. For the first segment, you have need to stay in a hotel or Airbnb by yourself. After that, you will meet other in the training with whom you can find lodgings.

Training Program Schedule & Attendance

Training Program Schedule

The *FTP* features a combination of 4 weekend-oriented segments and two 10-day segments per year. It will meet on a total of 160 days, or approximately 40 days per year, equaling 800 hours. *(Some dates or hours may change due to unforeseen events).*

Schedule

Year 1 dates: 2017-2018

August	5 - 13*
Oct	5 - 9
Nov	9 - 13
April	13 - 22, 2018
June	21 - 25

Year 2 dates: 2018-2019

August	3 - 12
Oct	4 - 8
Nov	8 - 12
Feb	7 - 11, 2019
March	29 - April 7
June	20 - 24

Year 3 dates: 2019-2020

August	2 - 11
Oct	3 - 7
Nov	7 - 11
Feb	6 - 10, 2020
March	20 - 29
June	18 - 22

Year 4 dates: 2020-2021

August	3 - 12
Oct	1 - 5
Nov	12 - 16
Feb	2 - 8, 2020
April	9 - 18
May	20 - 24 *SNOW DAY MAKE-UP
June	15 - 20

Hours of the Training

The first day of the segments will start in the late morning / early afternoon (**TBD**) and the last days will end mid-afternoon. The first day of the training, August 5th, will run **10:30 am – 5 pm**. All other days will be scheduled **10 am – 4:30 pm**.

Attendance Policy

The Administrative Director or staff will track the students' attendance at the training to ensure that students have participated in the required number of hours. You are responsible for signing in each day. In the event of any absence from class (including tardiness, planned absences, and emergency absences), the student will be responsible for the content of the missed material. The student must, as soon as possible, make up all the missed time with the assistance of the Educational Director. The student may miss no more than five (5) days in any year, and no more than ten (10) days during the whole four-year training without having to make arrangements with the Educational Director to make up missed class time. If the student exceeds these permitted absences, he/she may be required to attend make-up segments in other training programs, at additional cost to the student. We provide extensive opportunities for making up missed days through regular periodic reviews and make-up sessions for each of our programs. The training has to be completed within a maximum of seven years, and a minimum duration of 36 months.

The training program meets for a minimum of 800 hours over a period of approximately 3 1/2 years. In the event that you are unable to attend certain training program days, a portion of your missed days and hours can be made up by listening to audio recordings of the days not attended. Audio recordings of the entire program will be available to students. There is no refund of tuition for missed days.

Students are entitled to withdraw from the program at any time. There must be a written notification of withdrawal, and a tuition refund will be calculated on a prorated basis, as of the date of notification, plus any fees. Students will be refunded any already paid tuition, less any fees, within 60 days.

The attendance policy is determined by rules set forth by the North America Training Accreditation Board, which is part of the Feldenkrais Guild® of North America (FGNA). The training is accredited on the basis of these rules.

Late Start

Sometimes students join the program after the program has started. If you have joined the training program after the initial segment, you will be able to attend a number of make-up days without paying the normal per-day fee. The cost has been factored into your first year's tuition. You are expected to attend the make-up days available to you. In addition, you will be provided with the audio recordings of the days that you have missed, and are expected to listen to the recordings, and turn in a one paragraph summary for each hour of recording. By attending the make-ups and listening to the audio recordings, you will be able to erase the missed days from your attendance record.

Attendance Sign-in Sheets

The attendance / sign-in sheets are located just inside the training room. **Please remember to sign in each training day.** This is crucial for helping us track of your attendance. If you need to leave early or if you arrive late, please write “1/2 day” next to your initials for that day. Each year there will be a summary of the attendance records to date posted on the wall. It is your responsibility to calculate whether you need to make-up missed days; if there is any question, please discuss this with the Program Administrator.

The attendance policy is determined by rules set forth by the North America Training Accreditation Board, which is a part of the Feldenkrais Guild® of North America (FGNA). The training is accredited on the basis of these rules.

Training Program Recordings

We will be recording audio and video files of the full program. You will need to become familiar with downloading these files from the internet. We suggest that you also purchase an external hard drive to store these files as the filmed portions are quite large. These recordings are only for your use as a student of *FTPB* and are not for re-sale or distribution of any kind. You will sign a limited use agreement to verify your understanding.

Homework & Readings

Year One

Homework: After completing Session 1 and in between remaining Year 1 Sessions, students will do three hours of ATM lessons each week, reviewing the ATM lessons they did in the session. One of the ATM lessons each week will be done with a study group either in-person or online. Online study groups will meet over Skype. To find out what requirements your computer needs for Skype, use the following link: <https://support.sky.com/en/faq/FA10328/what-are-the-system-requirements-for-skype>

Reading:

1. Awareness Through Movement by Dr. Moshe Feldenkrais
2. The Potent Self by Dr. Moshe Feldenkrais
3. The collected articles by Dr. Moshe Feldenkrais
4. The Brain That Changes Itself by Dr. Norman Doidge
5. The Brain's Way of Healing by Dr. Norman Doidge

Year Two

Homework: Following Session 1 and in between remaining Year 2 Sessions, students will do three hours of ATM lessons each week, reviewing the ATM lessons they did in the most recent session. One of the ATM lessons each week will be done with a study group either in-person or online, and starting in Year 2 students will take turns teaching each other in study group.

Reading:

1. Body and Mature Behavior by Dr. Moshe Feldenkrais
2. Higher Judo by Dr. Moshe Feldenkrais
3. Touch by David J. Linden

Year Three

Homework: After Session 1 and in between remaining Year 3 Sessions, students will do two hours of ATM per week. Additionally, students will spend an hour each week giving an FI lesson to a friend or family member. For two hours each month, students will meet in person or online with their study group to discuss reading assignments.

Required reading:

1. The Elusive Obvious by Dr. Moshe Feldenkrais
2. Taking Wings to Fly by Irene Dowd
3. The Case of Nora by Dr. Moshe Feldenkrais
4. A Life in Movement by Mark Reese

Year Four

Homework: After Session 1 and in between remaining Year 4 Sessions, students will complete 1 hour of ATM lesson per week and 3 hours of FI practice: 2 hours for friends/family, 1 hour for a fellow trainee.

Reading:

The students are asked to find a book or studies in other areas of science or art, which they find related to the Feldenkrais Method and to movement in general. They ask to make a presentation of the main ideas that drew them into this investigation.

Administrative Concerns

Student Dismissal Policy

The Feldenkrais® Training Program of Baltimore reserves the right to terminate the 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 Feldenkrais Training Program of Baltimore, 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 Fee Schedule. When the Feldenkrais Training Program of Baltimore 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, FENE 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 termination. Such refund shall not apply to days missed before termination.

School Enrollment and Cancellation Policy

In the event that school enrollment is not met, The Feldenkrais® Training Program of Baltimore has the right to cancel and/or reschedule the training. In the event of school closure or school rescheduling, the student is entitled to file a claim for their application fee and for unused tuition against the school's surety.

Lines of Communication

For Administrative Questions regarding attendance, *Functional Integration* lessons, audio or video recordings, or program logistics, please contact:

Karen Shavin, Administrative Assistant

karen@baltimorefeldenkraistraining.com, 443-841-9216

For questions regarding the *Feldenkrais* Training Program curriculum or tuition please speak with, call, or email:

Aliza Stewart — alizastewart@gmail.com, 443-286-7214

Paris Kern — info@baltimorefeldenkraistraining.com, 443-303-8003

Feedback and Program Evaluation

We strive to create the best *Feldenkrais* Training Program possible. Student feedback is invaluable for helping us to evaluate the program and make improvements. If you have any concerns or problems, please talk to Paris Kern or Aliza Stewart. If you prefer, you can write about your concerns in a note or letter. Any information you provide will be kept strictly confidential. If you do feel comfortable putting your name on your feedback, we can communicate directly with you about your comments, concerns, and ideas. We will hand out feedback and evaluation forms periodically, but we hope you will not wait till then to share your comments.

Faculty & Staff

The Educational Faculty

FGNA Training Accreditation Guidelines require that a training program maintain an average student to teacher ratio of 20:1 for the first two years and of 15:1 for the final two years of the program. The Feldenkrais Training Program of Baltimore always meets or exceeds these guidelines.

Trainers

The primary teacher in a *Feldenkrais* Training Program is a Trainer and Educational Director, a designation given by the International Feldenkrais Federation Training Accreditation Board. The Director of a training program must be a Trainer. In order to provide variety in the teaching, The Director of the program is limited to teaching no more than 60% of the training. Worldwide there are approximately thirty-five Feldenkrais Trainers.

Assistant Trainers

Assistant Trainer is also a designation of the International *Feldenkrais* Federation Training Accreditation Board. An Assistant Trainer must be a highly experienced *Feldenkrais* Practitioner and must satisfy a series of requirements in order to become an Assistant Trainer.

Training Program Practitioners

Occasionally experienced *Feldenkrais* Practitioners will participate as adjunct members of the educational staff.

The Educational Director and Primary Trainer

Aliza Stewart, M.Mu., Trainer, trained as a concert pianist and has performed extensively in Israel, England and the United States. She holds a teaching degree and Artist Diploma in Performance from the Rubin Academy in Israel. Her personal interest in discovering more efficient, relaxed movement patterns at the piano, led her to study with Moshé Feldenkrais in 1980. She completed her Feldenkrais training in 1987 and is now a Trainer in Feldenkrais Professional Training Programs around the world. Well known for her work with musicians, Aliza taught Feldenkrais classes at the Peabody Conservatory in Baltimore for many years and is currently teaching graduate courses at the Mannes College of Music in Manhattan. She is in residence at the Yellow Barn Music Festival and the Marlboro Music Festival. Aliza also works with a wide range of clients in her private practices, in Baltimore and New York City. Aliza lives in Baltimore with her husband, Delmar, a violist with the Baltimore Symphony Orchestra and is the proud mother of Rachel and Miriam, and grandmother of Eliana.

Additional Trainers & Assistant Trainers

Paris Kern, Trainer, has been a Feldenkrais Practitioner since 1992, and has maintained a private practice as well as traveling to teach in training programs in the US, and Europe. As the Creator of “Riding with the Whole Self,” a Feldenkrais program for equestrians, she has taught workshops for riders in the USA, Italy, The Netherlands and Germany. She is a steady and inspiring presence, who brings a compassionate and light hearted manner to her work. Paris has the ability to simplify complex theories and principles of the Feldenkrais Method. Through stories, and demonstration she de-mystifies challenging concepts and brings a common sense approach to her work.

Paris came to the Feldenkrais Method as a professional singer, suffering pain that was so severe, that she sometimes she had to cancel performances. Searching for relief, she attended a one-day Feldenkrais Awareness Through Movement workshop with Aliza Stewart. Her response to the exercises done in the workshop that day was so profound, that she felt she was “coming home.” Paris’ interest as a singer of both traditional folk and choral improvisation brings a playful spontaneity to her work. Paris lives in Baltimore with her husband and son, and maintains a full-time private practice.

David Zemach-Bersin, Trainer, is one of the first and foremost American teachers of the Feldenkrais Method in the U.S., and is recognized internationally as an authority in the art of practicing the method – its theory, its technique and its spirit. David graduated from the first Feldenkrais training held in the U.S., and is one of 80 people who were fortunate to be able to complete their entire training with Dr. Feldenkrais. David met Dr. Feldenkrais in 1973 and studied with him for over 10 years, in the U.S., Europe and Israel. David directs Feldenkrais® Professional Training Programs in New York City and teaches in training programs around the world. He has maintained a private practice since 1977, working with both adults and children. David is recognized for forty years of dedication to the Feldenkrais Method®, and his contribution to strengthening Dr. Feldenkrais’ legacy. In addition to Dr. Feldenkrais, David studied extensively with Gaby Yaron and Yochanon Rywerant, who were both members of Feldenkrais’ first group of students, in Israel.

A graduate of the University of California with post-graduate work in physiological psychology, David is the co-author (with Mark Reese) of *Relaxercise* (HarperCollins), and has created many audio and video programs for Feldenkrais Practitioners. He is a past President of The Feldenkrais Guild, and Co-founder of Feldenkrais Resources, the Feldenkrais Institute of New York, and the Feldenkrais Foundation, a non-profit dedicated to bringing the Feldenkrais Method to underserved populations. David and his wife Kaethe, live in Bucks County, Pennsylvania.

Lawrence W. Goldfarb, Ph.D. (University of Illinois, Urbana-Champaign, 1995), Trainer, is a movement scientist, certified Feldenkrais trainer, multimedia author, and trailblazing teacher known for articulating the thinking behind the method. Larry brings a systemic framework to understanding this approach, an uncanny ability to bring the methodology to life, and a practical approach making its practice a meaningful part of everyday life.

Besides maintaining the private practice he started over twenty-five years ago in Santa Cruz, California, Larry directs and teaches in professional training programs, public workshops, professional seminars, and post-graduate courses in Europe, Australia, and North America. Larry is also the founder of www.mindinmotion-online.com (MIMO), an evolving state-of-the-art platform for the future of Feldenkrais. MIMO consists of an online school, a digital publishing house of everything from workshop recordings to apps, a multimedia library, a comprehensive post-graduate program, and a social learning network that support the growing worldwide community of people practicing Moshe's method.

Alan S. Questel, GCFT, Trainer, as the Educational Director of The Feldenkrais® Professional Training in Santa Fe, is responsible for the pedagogic integrity of the training program. He will develop the curriculum, manage the educational staff and maintain an overview of each trainee's learning. Alan is known for his clarity, creativity and down to earth style of teaching. He brings a depth of understanding, humor and a gentle human perspective to the learning of the Method and creates lively conditions for learning.

Trained by Dr. Feldenkrais (Amherst 1983), Alan has lectured and taught at hospitals, colleges and FELDENKRAIS® Professional Training Programs throughout the U.S., Mexico, Australia, New Zealand, France, Italy, Sweden, Norway, Japan, Canada and Colombia teaching people from all walks of life. He has taught at Princeton University, S.U.N.Y. College at Purchase, the New York Open Center, the New Actors Workshop, NYC, The Institute for Transpersonal Psychology, Palo Alto, CA and at Mother Teresa's Shishu Bhavan in Calcutta, India.

An actor before becoming interested in the FELDENKRAIS METHOD®, Alan worked and toured with Jerzy Grotowski (*My Dinner With Andre*) and Paul Sills (*Second City*, Chicago and Story Theatre).

He became an Assistant Trainer in 1986 and earned his accreditation as a Trainer in 1994. He has taught in over 40 FELDENKRAIS® Professional Training Programs in worldwide. One of his great interests is the embodiment of creativity and he has developed a body of work for performers utilizing the FELDENKRAIS METHOD®. Alan sees the FELDENKRAIS METHOD® as a means for individual maturation, and aspires towards making this appreciable

and concrete for his students both in training programs and in his practice.

Alan has directed and co-directed 14 training programs in Bronxville, New York; Marin and Sonoma Counties, California; Brisbane, Adelaide, Melbourne and Perth, Australia; Phoenix, Arizona; Malmo, Sweden; Santa Fe, New Mexico and is currently Educational Director in trainings in Santa Fe, NM and Cali, Colombia.

Alan is also the creator of the DVD program ‘Pregnant Pauses-Movement for Moms’ and has produced 12 CD sets of public workshops in the FELDENKRAIS METHOD®. He makes his home in Santa Fe, New Mexico.

Bob Hunter, Assistant Trainer, has an M.F.A. in Art History from Princeton University and was formerly a curator at the Smithsonian Institution in Washington, D.C. He first experienced the Feldenkrais Method in 1985 and was trained under the direction of Russell Delman. Bob Hunter has been a Feldenkrais Method Teacher since 1994. Bob has studied with David Zemach-Bersin for the past 10 years, and was a Practitioner Assistant during a previous Baltimore Feldenkrais Training Program. He says that, “From the very beginning of my experience with the Feldenkrais Method, I have been deeply affected by its profound positive impact on every aspect of my life – sensing, feeling, thinking, moving – and with the ever-expanding range of possibilities it has brought to my life, and that it can bring to the lives of others.” An enthusiastic nature lover and an avid gardener, Bob lives in rural Pennsylvania. He maintains a private practice, teaches workshops, and serves as a mentor to Feldenkrais students and practitioners. Bob maintains an active private practice, working with a diverse population, with a wide range of needs. He has given workshops to specialized groups, including martial artists, skiers, dancers, office-workers, child-care providers, equestrians and gardeners. Bob lives and gardens in south central Pennsylvania.

Peggi Honig, Assistant Trainer, keeps a therapeutic Mind Bodywork practice that focuses on health awareness and learning how to move beyond chronic pain. She specializes in re-abilitation whether from sport injuries, surgeries or moving through repetitive motion injuries, emotional concerns, developmental brain injuries and neurological issues as well as palliative care. She has been cultivating many aspects of Mind Body therapy over the past fifteen years. Her specialty is in The Feldenkrais Method® of somatic movement reeducation.

Peggi is a Feldenkrais Guild Certified Assistant Trainer/Practitioner of North America (GCFP) with advanced certifications, board certificated and registered with the American Board of Hypnotherapy, National (NCBTMB) and Maryland State certified and licensed in therapeutic bodywork, and maintains her CPR and First Aid certifications. She sees clients weekdays and weekends and teaches Feldenkrais Awareness Through Movement® classes and Workshops at several locations throughout the Maryland, New York city and the D.C. region.

Functional Integration®

Functional Integration Lessons

The *Feldenkrais* Guild Training Accreditation Board stipulates that each student must receive a minimum total of 12 *Functional Integration* lessons over the course of the training program. These lessons are included with your tuition and are given by our highly experienced faculty staff. The majority of your *FI* lessons will be from an Assistant Trainer or a Training Program Practitioner, and you will receive at least one lesson from a Trainer.

At the beginning of each segment, there will be a list posted of who is to receive *FI* lessons during this segment. It is your responsibility to see if your name appears on the list and to arrange a time for your lesson with the staff person. The *FI* lessons are given before class, during lunch, or after class. If you wish to receive lessons from one particular staff member, or a series of lessons at a particular segment, please talk to the Program Administrator. If you arrive at a segment with an injury or in pain, please tell us, and we will try to get you a *FI* lesson as soon as possible.

Extra Functional Integration Lessons

If you wish to receive extra *FI* lessons, please speak directly to the member of the teaching staff from whom you wish to receive a lesson. Extra lessons are not arranged for you by the Program Administrator. The cost for an extra lesson is set individually by each faculty member.

Training Program Functional Integration Practice Etiquette

Functional Integration (FI) is the one-on-one, hands-on aspect of the *Feldenkrais Method*. During class, you will often watch an *FI* demonstration and then practice what you observed in groups of two or three. Since you will be touching each other, please wash your hands beforehand and maintain good basic hygiene. **Note:** Please place a fresh disposable face towel on the table or mat to help control the possible spread of germs.

During these practice sessions, you are responsible for communicating with your partners regarding any discomfort you feel. In *Functional Integration*, all movements should be small, gentle, and evoke a feeling of comfort and ease. This can be a challenging way to learn to touch others. You help your fellow students by speaking up about what touch feels comfortable and what does not. If you need assistance, please raise your hand and wait for a member of the educational staff to come help you.

Functional Integration Table Availability

During the *Functional Integration* practice, students either work on the floor or using a *Feldenkrais* table. There are approximately 6 *Feldenkrais* tables owned by the Training Program. We regularly purchase additional tables, but at this point there are not enough for every two students to have a table during the in-class practice time. Therefore, the available tables must be shared, with priority given to those who have physical difficulty working on the floor.

Tuition & Finances

The training program tuition is \$4,600.00 per year of the program (200 hours). Tuition is due on a quarterly, bi-yearly or yearly schedule. As a student, you will receive a **first-year discount of \$300 if your application is received before June 15, 2017.**

The \$50.00 application fee will be applied to your first tuition payment. A \$500.00 deposit is due with your Student Enrollment Contract. This will be deducted from your last tuition payment.

Students need to sign a financial contract and are responsible for paying their tuition on time. A five percent (5%) late fee will be charged for payments received more than eight (8) days past a due date. Initial payments may be made by cash, check or credit card and pay pal. Students have the option to provide the Feldenkrais Training Program of Baltimore with a credit card number for prearranged charges. If students are not present at the time of the transaction, a receipt will be mailed to them.

Payments by check or money order should be made payable to FTPB, LLC (Feldenkrais Training Program of Baltimore, LLC). Add a convenience charge of \$65.00 per year if making pre-arranged payments by credit card.

Tuition reductions are available for students traveling from outside a 120-mile radius of the training site are possible if financially necessary. A limited number of work-study scholarships are also available.

Payment Plan

First payment due by July 4, 2017, 30 days before the Training starts.

Full annual payment of \$4,600.00, discount of \$100 (= \$4,500.00) due:

7/4/17 7/3/18 7/2/19 7/7/20

Bi-annual payment of \$2,300.00, discount of \$65.00 (= \$2,235.00) due:

7/4/17 1/4/18 7/3/18 1/1/19 7/2/19 1/1/20 7/7/20
1/4/21

Quarterly payments of \$1,150.00 due:

7/4/17 10/4/17 1/4/18 4/4/18 7/3/18 10/3/18 1/2/19
4/3/19 7/2/19 10/2/19 1/1/20 4/1/20 7/7/20
10/7/20 1/7/21 4/7/21

Feldenkrais Guild of North America

The *Feldenkrais Guild* of North America was established by Moshe Feldenkrais, D.Sc., in 1977, to be the professional organization of Practitioners and Teachers of the *Feldenkrais Method*. Only people personally trained by Dr. Feldenkrais, or graduates of *Feldenkrais Guild Accredited Training Programs* are eligible to be certified, to become members of FGNA, and to use the service marked terms. FGNA is a nonprofit, tax exempt, professional membership organization concerned with increasing public awareness of the *Feldenkrais Method* of somatic education, the certification and continuing education of Practitioners, the protection of the quality of the *Feldenkrais* work, and research of the *Feldenkrais Method's* effectiveness.

Student Teaching

The student understands that he/she will be eligible to receive authorization from the Educational Director and Feldenkrais® Guild of North America to teach group Awareness Through Movement® classes, on a provisional basis, after satisfactory completion of the second year of the training. There is no additional cost to the Student to receive this authorization. The Late Enrollment Student understands that the point at which he/she will be eligible for authorization to teach Awareness Through Movement® classes, on a provisional basis, may be as late as the completion of the third year of the training. In North America, authorized trainees may call themselves authorized student *Awareness Through Movement®* Teachers but may not refer to themselves as “certified”. The student agrees not to advertise at all during the first two years of the training. If the student drops out or is terminated from the training after two years of enrollment, but before graduation, he/she will lose the right to teach Awareness Through Movement® unless he/she has been granted a Leave of Absence in writing from the Educational Director.

Student Certification

Upon successful completion of the training, the Student will be eligible to receive certification from the FGNA, including authorization, to teach Awareness Through Movement® lessons and individual Functional Integration® lessons. There is no additional cost to the Student to apply for this certification. The student will receive a Diploma from Boston Feldenkrais® Training Program, and may be eligible to become a member of Feldenkrais® Professional Associations or Guilds around the world.

Student Membership in the Feldenkrais Guild

As a student in the Feldenkrais Training Program of Baltimore you are eligible for student membership in the *Feldenkrais Guild* of North America (FGNA). After the completion of the second year of your training and receiving your authorization to teach *Awareness Through Movement*, FGNA student membership allows you to be listed in the *Feldenkrais Guild* directory and on the FGNA website, as a teacher of *Awareness Through Movement*. You will be contacted by FGNA, inviting you to apply for student membership.

Authorization & Certification

Program Accreditation

The Feldenkrais Training Program of Baltimore is fully accredited by The FELDENKRAIS GUILD® of North America. This means that our program adheres to rigorous standards set by the FGNA Training Accreditation Board. In addition, time spent in, or graduation from our programs, is recognized by all international Feldenkrais teacher organizations throughout Europe, Australia, Israel, and South America. Graduation from an accredited program entitles you to use the service mark regulated terms; *Feldenkrais Method*, *Functional Integration*, *Awareness Through Movement*, Feldenkrais Practitioner and Feldenkrais Teacher.

Awareness Through Movement Supervision and Teacher Authorization

At the end of the second year of the training program, students will teach an *Awareness Through Movement* lesson while being supervised by a member of the training program faculty. The teaching of the lesson is shared by two or three students. Upon satisfactory completion of the second year of the training program, qualified students will be authorized to teach *Awareness Through Movement* to the public. In order to receive the authorization diploma, a student may not have been absent for more than 10 days, and must satisfactorily participate in the teaching of the faculty supervised *Awareness Through Movement* lesson. The *ATM* supervision is required by the FGNA Training Accreditation Guidelines.

Note: If for any reason you decide to leave the program prior to completion, the authorization to teach *Awareness Through Movement* will be withdrawn, unless a formal leave of absence is taken. With a leave of absence, permission to teach *Awareness Through Movement* may continue for one year from the date of leave taking.

Functional Integration Practicum

During the fourth year of the training program, students will give *Functional Integration* lessons to members of the public. The lessons will be supervised by the training program faculty. The practicum is a great opportunity to gain a unique experience and receive direct, personalized feedback from the educational faculty. The *FI* practicum is required for graduation by the FGNA Training Accreditation Guidelines.

Graduation and Certification

Upon completion of the full FGNA training program requirements, you will become a certified Practitioner of both *Awareness Through Movement* and *Functional Integration*. You will receive a diploma from the New York *Feldenkrais Method* Training Program. In addition, each student will be eligible for full membership in the *Feldenkrais* Guild of their country of residence.

Use of Feldenkrais® Logo and Service Marks

The Student acknowledges and understands that in the US and Canada the terms *Feldenkrais®*, *Feldenkrais™*, *Feldenkrais Method®*, *Awareness Through Movement®*, *ATM®*, *Functional Integration®*, *FI™*, *Guild Certified Feldenkrais Teacher®*, *Guild Certified Feldenkrais Practitioner^{CM}*, *Friends of FeldenkraisSM*, *Feldenkrais Awareness Through Movement Teacher^{CM}*, the *Feldenkrais Guild®*, *L'intégration fonctionnelleSM*, *Prise de conscience par le mouvementSM* and the *Feldenkrais®* logo may only be used with permission by and following the guidelines of the *Feldenkrais Guild®* of North America (FGNA), and the Student agrees to follow the guidelines established by the FGNA for their use. In other countries, service marks related to the practice of the *Feldenkrais method* must be used in accordance with guidelines established by the owner(s) of these marks.

Continuing Education Credits

The Feldenkrais Training Program of Baltimore is accredited by the Feldenkrais Guild of North America. We can assist you in obtaining continuing education credits through your professional organization. In general, students who come from fields such as, physical therapy, occupational therapy, massage therapy, education, or the performing arts, do not have a problem obtaining continuing education credits for attendance in the training program. We are approved for continuing education credits by the National Certification Board for Therapeutic Massage and Bodywork. If you need any certification of attendance, please speak with Peggi Honig.