



DISCOVER

THE ART BEHIND THE SCIENCE
THE SCIENCE BEHIND THE ART

THE FELDENKRAIS®
TRAINING IN SARASOTA

A Training Program in the *Feldenkrais Method*®
2002 - 2005

PROGRAM PROSPECTUS

*“What I’m after isn’t flexible bodies, but flexible brains.
What I’m after is to restore each person to their human dignity.”*

Dr. Moshe Feldenkrais

*“We shall not cease from exploration
and the end of all our exploring
will be to arrive where we started
and know the place for the first time.”*

T.S. Elliot from Four Quartets

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Introduction

“By my body’s action, teach my mind.” William Shakespeare

*“What I am doing does not resemble teaching as understood at present.
The accent is on the learning process, rather than the teaching technique ...”*

Dr. Moshe Feldenkrais

Welcome to the prospectus and student handbook for the The *Feldenkrais* Training in Sarasota. This is the first training in the methodology of the *Feldenkrais Method* on the West coast of Florida. In the following pages, we give you an overview of the program, describe its design, discuss logistics, and tell you how to apply to enter the program. Before proceeding with the details, we want to tell you about our approach to the training process.

Our intention and commitment is to provide you with the best training possible in the *Feldenkrais Method*. We are dedicated to creating new ways to articulate the *Feldenkrais Method* and further expand it's applications. Minimally, we expect the graduates of this program to be competent in all aspects of the method. On a grander level, we hope to impart the spirit of Moshe's curiosity and a deep interest in discovering what it means to LIVE the essence of this work in one's daily life. In uniquely personal ways, each student will be able to reliably, effectively and enjoyably practice the *Feldenkrais Method*. As a result of this process we hope that all participants in this training (including Trainers, Assistant Trainers, organizers, students, etc.) become more mature, individuated and 'human' human beings.

The design of The *Feldenkrais* Training in Sarasota continues the tradition begun by Dr. Moshe Feldenkrais while incorporating the latest innovations and improvements that continue to develop in the training process. Through videotapes, books, interviews and articles you will develop a personal sense of who Dr. Feldenkrais was and how he worked. We have assembled an illustrious faculty to engage you in your learning. Through the deepening of your own sensory-based experience you will develop the enhanced skills, the heightened sensitivity and the new ways of thinking necessary to practice the method.

Alan Questel, the educational director, has been in practice for the past 20 years and has worked in the *Feldenkrais* community and in *Feldenkrais* training programs around the world. The design and implementation of this program is the result of his extensive experience in training programs worldwide. In putting the curriculum together Alan will draw on his background in theatre and working with performers, as well as from the diverse practice he has maintained over the years. As we are committed to personalizing the process, we will meet with trainees regularly to address questions, interests, and needs.

We invite you to read this prospectus and consider whether The *Feldenkrais* Training in Sarasota is the right *Feldenkrais* training program for you.

The Educational Plan

“If I ran a school, I’d give the average grade to the ones who gave me all the right answers, for being good parrots. I’d give the top grades to those who made a lot of mistakes and told me about them, and then told me what they learned from them.”

R. Buckminster Fuller

“Learning to think in patterns of relationships, in sensations divorced from the fixity of words, allows us to find hidden resources and the ability to make new patterns ... In short we think personally, originally, and thus take another route to the thing we already know.”

Dr. Moshe Feldenkrais

Learning Strategies

To best foster your learning, a variety of learning strategies will be used throughout your training. These include group *Awareness Through Movement* lessons (ATM), individual hands-on lessons, *Functional Integration* (FI), small group work, class discussions, lectures, supervision, and between-segment assignments. Dr. Feldenkrais's genius is embedded throughout your experience of the training process. To maximize the full benefit from these learning strategies, the average day at The *Feldenkrais* Training in Sarasota will consist of five hours of actual class time.

Awareness Through Movement®

Awareness Through Movement (ATM) lessons will comprise the foundation of your training. The body of material comes from Dr. Feldenkrais's ongoing public classes he taught at his Alexander Yanai Studio in TelAviv, public workshops that he and his assistants taught and earlier trainings, including his last training in Amherst, MA. Over four years you will experience hundreds of lessons. These lessons will range from intricate lessons that build over a series of days, as well as those intended for the general public. Experiencing and understanding *Awareness Through Movement* lessons will continue throughout the training.

Functional Integration®

We do not make a strong distinction between *Awareness Through Movement* lessons and *Functional Integration* (FI) as the thinking underlying both processes is one and the same and is what creates this unique method. A more refined use of our hands and basic FI skills will be taught from the very beginning. Learning to 'listen with your hands', cultivating a greater congruence with your visual aptitude, and more efficient use of your own self in relationship to another will be explored throughout the training. This will take place via direct supervision and in small group work. In the fourth year you will have the chance to work with the teachers in one-on-one tutorials and receive the necessary feedback for refining your intentionality; honing the quality of your touch; and deepening your ability to make contact with the person you are working with.

As part of your training experience, you will receive at least four individual *Functional Integration* lessons each year from members of the faculty and from invited practitioners. To supplement the lessons that are part of your training, experienced, visiting practitioners will also be available for additional lessons. You will have the chance to observe FI lessons during class, lessons outside of class hours, as well as videotapes of Feldenkrais giving lessons to a wide range of students.

Videos of Dr. Feldenkrais

You will have the opportunity to view videotapes of Dr. Feldenkrais from the last training he taught in Amherst, MA. Being exposed to Moshe's unique style of teaching and interacting while he teaches, will help your comprehension of how he was able to understand and influence many aspects of our natural, organic learning process as well as help create experiences that foster ongoing curiosity and learning.

Class discussion

Group discussions will be a regular part of the class, both in small groups and with the entire class. They will range from questions and answers to challenging dialogues where you will be asked to consider your beliefs and values from different perspectives. Class discussion also serves as a model for conversations and interactions you, yourself, will encounter as a teacher.

Small group experiences

Small groups will give you the opportunity to discover what you and your classmates think and know. Learning from each other serves as a great resource, not only from what one can learn, but by developing the safety and trust necessary for interacting with colleagues. Small groups provide the chance to deeply investigate particular understandings such as the structure of an *ATM* lesson or learning about the effects of particular movements in *FI*.

Dialogues with your peers, in a setting that allows for all of you to speak and be heard, invite a more collaborative spirit while developing a greater sense of comfort in speaking to others. Discussions will span from simple reflection of a process, to developing strategies for lessons, to how to speak and write about the work.

Lecture

Trainers, assistant trainers, and guest lecturers will give talks on the evolution of the method, its relationship to current schools of thought, and its application in other domains. Lectures will support the internal, kinesthetic understanding you have developed to bring together the cognitive and the experiential. They will also be the means towards furthering your ability to articulate the work to a variety of audiences. There will also be time spent on developing and running a practice.

Supervision

The educational director will get to know you, work with you individually, and track your progress primarily by observing HOW you learn, interact, and practice. That means that supervision—in the sense of watching and guiding—will be an ongoing aspect of the program. To facilitate this process, Alan will be available to meet with trainees who want to discuss their learning process. Together we can identify any subject areas or skills that need work, map a personalized strategy for supplemental study, and formulate assignments for focused learning between segments.

Between Segment Assignments

Learning between segments is as essential as participating in them. A very necessary integration occurs when we are ‘on our own’. To facilitate this we you will be encouraged to continue your study through *ATM* classes, workshops or *FI* lessons taught by your local practitioners to learn about different styles of teaching and develop relationships with future colleagues.

Reading and writing assignments will help you develop your comprehension, as well as facilitate your ability to express and communicate your understanding of the work.

To help stay in touch with each other and the learning process you will be asked to participate in study groups with other trainees from the program. The projects you develop will be presented to each other and/or at future segments to enhance everyone’s learning.

You cannot teach a man anything. You can only help him to discover it within himself.”

Galileo Galilei

The Curriculum

“In fact, you can see that all the other teachings that you know, where they talk about mind and body and soul, do not consider you as a person. They consider you as made up of little bits ...We have to do with the whole organization ...We deal with how the nervous system has grown, adjusted and used the bones.”

Dr. Moshe Feldenkrais

“One’s physical structure is the external manifestation and, in fact, the basis of an orderly thinking process and often an orderly society. Our bones are (or at least were) formed in precise mathematical relationships, which gives our subconscious the experience of form, order and logic.”

Rudolf Steiner

Year One

The essence of year one is an immersion into *Awareness Through Movement* lessons at an in-depth, personal level. Considerable time will be devoted to guiding you towards a fuller, kinesthetically based reality as the means to come to know and understand yourself more as a whole human being.

At the beginning, theory and discussion will function mainly to guide you through the process of connecting to the more internal world of your experience. As you become more deeply immersed in your sensory/motor life, conceptual material becomes more beneficial. Fundamental ideas from learning theories, physics, anatomy, and neurophysiology will be introduced through experiential learning and presented in terms of relevance to the practice of the method.

As a way of beginning to work with *Functional Integration* ®, we will introduce the art of observing others, making contact with another person verbally and nonverbally in various ways. The qualities of presence, receptivity and connection will be highlighted. Teaching strategies will emphasize developing sensitivity, working with sensing through touch, learning basic skeletal anatomy and learning to observe ones self and others while performing *Awareness Through Movement* lessons. Along with this you will begin to work on communication skills with an emphasis on listening. Learning to listen with eyes, ears and hands will develop the exploratory attitude that is central to *The Feldenkrais Method*.

Year Two

While continuing to cultivate a deeper inner life, more emphasis will now be placed on contact with the external world. The sense of learning to become teachers of the method is more pervasive. Languaging skills will be emphasized and understanding the inner structure of ATM's will be a continuous focus. We will deconstruct lessons and discuss learning strategies within the lessons. Learning to appreciate skeletal and functional relationships will be a strong focus at this time.

Through the observations of others, we will investigate how people interpret instructions differently, as well as learning to perceive their different styles of moving while performing *Awareness Through Movement* lessons. Creating a more congruent relationship between what we feel and what we see will be emphasized as we learn to cultivate our ability to make more visual distinctions.

To further prepare you to begin to teach *ATM* you will teach lessons under the supervision of the faculty and receive individual feedback. You will have the chance to teach fellow students as well as people from the general public. You will be encouraged and supported in forming small *ATM* classes throughout the remainder of the training.

Your study of *FI* will continue on a parallel track, elaborating and developing abilities from the first year and further understanding the relationship between *FI* and ATM. Both modalities will be explored in a more three-dimensional way; in thinking, observing and feeling.

Year Three

Learning to perceive in patterns will be the focus of this year. Whereas in year one you experienced the ‘whole’ without a lot of explanation about the parts and in year two greater distinctions were encouraged, in year three we will put these ideas together and form a more accurate perspective of how our skeleton functions, supports and underlies our movements.

We will continue the inquiry into the teaching of *Awareness Through Movement* in the third and fourth years. As you begin to teach outside the program, we will present more complex *Awareness Through Movement* lessons and continue to provide forums for questions, discussions, and exercises oriented to growth in this area.

By having both practices, *Awareness Through Movement* and *Functional Integration*, developing throughout the course of the program, we will continually be developing your understanding of the relationships and thinking that underlie this unique methodology.

At the end of the third year you will be able to create basic lessons around themes of flexion, extension, rotation and breathing in supine, prone and side-lying and relate them to both ATM and *FI*. We will take one of these directions, examining the functional activities in which these patterns are embedded, while changing the spatial orientation so that no direction of movement becomes bound to a particular position. You will be closely supervised to enhance your strengths and to identify gaps in your skills and understanding and then develop specific, personalized solutions. This strategy is designed to create a safe environment for exploration and learning.

We will be bringing in people from the general public to receive an *FI* by a trainer so you will have the chance to observe and discuss our work and our thinking. You will experience *FI* demos, guided *FI* practices, and situations that invite problem solving, such as how would you help this person tie his/her shoes more easily when they were sitting, or, can you imagine and do this same action in another orientation?

Between years three and four you will be encouraged to actively practice *FI* as a preparation for assimilating the material in the fourth year.

Year Four

You will be returning to basic FI practices and skills with the intent of refining and enhancing them. While we will continue to introduce new techniques, time will also be spent on getting more precise with essential FI practices. As the year proceeds, the trainers will offer some of their favorite *FI* and *ATM* lessons as blueprints for further exploration. These basic, reliable, generic lessons can help you gain greater confidence and allow you to become more consistent in your work. The development of functional thinking, both theoretically and practically, will be a strong emphasis throughout this year.

You will observe the teachers giving two to three *FI* lessons with the same outside person. The ideas behind a series of lessons will be developed at this time. Special attention will be given to the beginning and ending of lessons and interviewing will be presented as a special skill in itself.

Students will have the opportunity to work with the teachers in personal tutorials. This is a chance to receive very individualized feedback; practice skills that are difficult; and to get more direction as to where your learning may continue.

You will be supervised by the faculty while you give lessons to someone from the public. The feedback from this process furthers your learning and is oriented toward specific, tangible skills that you can focus on when on your own.

As part of your education regarding the business of running a practice, there will be discussions about the work from both personal and professional perspectives and to the mechanics of record keeping, taxes, mailing lists, etc.

The Faculty, the Schedule, & the Location

“I began by making him realize that learning is different from doing. For successful learning we must proceed at our own rate. Babies repeat each novel action clumsily at their own rate until they have enough of it. This occurs when the intention and its performance are executed so that they are just one act which feels like an intention only.”

Dr. Moshe Feldenkrais

“Great dancers are not great because of their technique; they are great because of their passion.”

Martha Graham

The faculty of the The *Feldenkrais* Training in Sarasota consists of the finest accredited trainers and assistant trainers. Deborah Bowes, P.T. (San Francisco), Angel Di Benedetto (Seattle, WA), Linda Evans Delman (Santa Rosa, CA), Larry Goldfarb, Ph.D. (Santa Cruz, CA), Jeff Haller, Ph.D. (Bend, OR) and Arlyn Zones, M.A. (San Francisco, CA) will be the trainers in the program. Working in conjunction with the educational director, trainers participate in the design of the program and lead and coordinate the team of assistant trainers working with her or him. The faculty will work as a team - teaching *Awareness Through Movement*, doing demonstrations, giving *Functional Integration* lessons, leading discussions, and directing small groups. The trainers will do the majority of the teaching.

The FELDENKRAIS GUILD of North America's Training Accreditation guidelines establish strict criteria that must be met by those who want to be trainers and assistant trainers. The guidelines require that a trainer have at least ten years active professional experience, have assisted through a minimum of four complete years of training, and receive the support of the established body of trainers. Among other requirements, an assistant trainer must have at least five years professional experience and demonstrate proficiency in the practice of the method.

Bonnie Kissam, will be present throughout the entire training as a continuity assistant trainer as well as training coordinator. To insure educational continuity and congruence, Alan will be in attendance at least part of every segment.

The International Training Accreditation Guidelines require that we maintain a student to teacher ratio of 20-to-1 for the first two years and of 15-to-1 for the final two years. To insure that you receive individual attention, we are committed to meeting, or exceeding, this requirement in every segment. Thus, we will invite other experienced *Feldenkrais* teachers to be part of the educational team.

The Educational Director

Alan S. Questel, as educational director of The Feldenkrais Training in Sarasota, is responsible for the pedagogic integrity of the training program. Alan will develop the curriculum, manage the faculty, and maintain an overview of each trainee's learning. Alan brings to this training his many years experience in practicing the *Feldenkrais Method* in a variety of settings including clinics, universities, hospitals and theater schools. He has worked with people from all walks of life and has taught applications of the Method to such audiences as actors, dancers, physical and occupational therapists, teachers, athletes, and musicians.

Alan is a graduate of the Amherst Training Program (1983), which was the last practitioner training that Dr. Feldenkrais taught. He became assistant trainer in the late 1986 and earned his accreditation as a trainer in 1994. He has taught in 19 programs worldwide including the U.S., Australia and Europe. Alan is known for his clarity and warmth and for creating lively conditions for learning. Alan co-directs programs in Marin County, CA; Sonoma County, CA, Adelaide, Australia and recently graduated two wonderful group of practitioners in Brisbane, Australia and Phoenix, AZ.

Alan has taught at Princeton University, S.U.N.Y. College at Purchase, the New York Open Center and the New Actors Workshop and has developed a body of work for performers utilizing the *Feldenkrais Method*. One of his great interests is the embodiment of creativity. He is known as a humorous and approachable teacher. Seeing the *Feldenkrais Method* as a means for our individual maturation, Alan aspires towards making this appreciable and concrete for his students in trainings and in his practice.

Program Coordinator

*B*onnie Kissam will be responsible for all of the logistical aspects of the training as well as the continuity assistant trainer. She attended the Amherst Training (also with Dr. Feldenkrais) and has maintained an active practice in Hartford, CT for twenty years. She received her Master's Degree in Physical Education/Dance from the University of Michigan in 1973 where she was also introduced to Dance Therapy. It was her interest in Dance Therapy that led her to *The Feldenkrais Method*.

Bonnie organized and directed a center in Hartford called the 'Ageless Alternative', where she promoted workshops and seminars. In 1991 she became a director for the Board of the *Feldenkrais Guild* and was the on-site chairperson of the 1993 Guild Conference at Sarah Lawrence College in New York.

Bonnie has been on the staff of Regional Physical Therapy for ten years. She also taught Movement Analysis and Anatomy and Kinesiology to the dancers at the Hartford Conservatory.

Bonnie became an Assistant Trainer in 1996, assisting in training programs in the Northeast. She has conducted mentoring programs for *Feldenkrais Practitioners* both in New England and in Florida.

Since 1992 she has offered workshops in Tampa and in Sarasota, Florida.

*The Schedule**

The **schedule** for the training is as follows:

Year One

No. 1. Fall: October 25-November 19, 2002

No. 2. Spring: April 11-May 6, 2003

Year Two

No. 3. Fall: October 24-November 18, 2003

No. 4. Spring: April 16-May 11, 2004

Year Three

No. 5. Fall: October 22-November 16, 2004

No. 6. Spring: April 15-May 10, 2005

Year Four

No. 7. Fall: October 21-November 15, 2005

No. 8. Spring: April 11-May 6, 2006

The training days on Friday, Saturday, Monday and Tuesday will start at 9:00 am and finish at 4:00 pm. Sunday will begin at 2:00 pm and finish at 6:00 pm. There will be a one and a half-hour break during the day for lunch - except on Sundays.

*This schedule of dates and times are subject to change due to the availability of faculty or sites.

Whenever possible, trainees will be notified of any changes at least 60 (sixty) days in advance.

The Site

Sarasota, Florida is known as a town of arts, beaches, golf, jazz and much more. Acclaimed as the best city to live in by Money Magazine for the past two years, it is an inviting, safe place to learn. It will be summer weather and just “off season” making housing more available and affordable.

The training will be held at the Unitarian Universalist Church of Sarasota. This is a wonderful space in a beautiful setting, conveniently located on 3975 Fruitville Road, just off exit 39 from I-75. There is plenty of free parking and the church is only minutes away from downtown Sarasota.

Assistance with locating and organizing accommodations will be available for those coming from outside of the area. We will help find two-bedroom apartments, B&Bs, nearby camping, as well as rooms in homes in Sarasota or nearby towns.

Application Procedure

“All the forces in the world are not so powerful as an idea whose time has come.”

Victor Hugo

*“If you want to shrink something,
you must first allow it to expand.
If you want to get rid of something,
you must first allow it to flourish.
If you want to take something,
you must first allow it to be given.
this is called the subtle perception of the way things are...”*

From the Tao

The *Feldenkrais* Training in Sarasota is a professional training program, that is to say, one designed to prepare participants to become *Feldenkrais Practitioners*. We are striving for a well-balanced student body, one that represents the full range of human experience. Specific prerequisites include prior experience with the *Feldenkrais Method* and the ability to comprehend and speak English.

Applicants will be asked to submit a complete application which includes the following information:

- Work history
- Educational background (academic & professional)
- Prior experience with The *Feldenkrais Method*
- Description of hobbies and interests
- Financial information
- Health status
- Personal Essay
- Two letters of recommendation, one from a practitioner

The educational director and the program coordinator will review applications. We will screen applicants according to our evaluation of their interest in the work as a profession, and the contributions they can make to the practice and the development of the method. Given our interest in having a diverse group of trainees, applicants will be selected from a wide variety of backgrounds. We are committed to accepting people into the *Feldenkrais* Training in Sarasota regardless of race, gender, religion, physical limitation, age, or sexual orientation. This training will run with a minimum of 25 trainees and a maximum of 55 trainees.

If you are accepted into the program, you will receive orientation information and a student enrollment agreement. The student enrollment agreement is a contract that will specify your rights and responsibilities as a participant in the program. You will be asked to sign the contract and return it, along with a deposit to reserve your place in the training, within thirty days of notification.

To apply, please request by phone, fax or e-mail an application form. Submit the application along with letters of recommendation and a \$50 US application fee. The application fee will be applied to your tuition if you are accepted into the program. If you are accepted into the program and choose not to attend, your application fee is non-refundable.

Tuition

The yearly tuition for The *Feldenkrais* Training in Sarasota is \$3,850.00 US per year.

Tuition payments are due on the following schedule or on a mutually agreed upon payment schedule:

During Year One:

Application-Fee Date of Application \$50

Reservation: Date of Acceptance \$500

Segment 1: August 1, 2002 \$1375

Segment 2: February 1, 2003 \$1925

During Year Two:

Segment 3: August 1, 2003 \$1925

Segment 4: February 1, 2004 \$1925

During Year Three:

Segment 5: August 1, 2004 \$1925

Segment 6: February 1, 2005 \$1925

During Year Four:

Segment 7: August 1, 2005 \$1925

Segment 8: February 1, 2006 \$1925

Within a month of receiving acceptance to program, you must return a signed student agreement form and a reservation deposit of \$500. US (Your tuition deposit shall be considered part of the tuition payment for the first year of the program.) The student agreement form is a contract that confirms your agreement to participate in the program under the conditions specified in this prospectus. Payments will be accepted in the form of international wire transfers made directly to the training's bank or by a US bank check or money order.

Should the tuition payments be submitted after the due date, you may be charged a late fee of 1.5% for each month, or any part thereof, that the payment is overdue. In the event that you are unable to fulfill financial obligations, you are responsible for promptly notifying the coordinator and making alternative payment arrangements prior to the payment due date. Repeated late payments are due cause for expulsion from the program.

Should you withdraw from the program at any point, you will be refunded any tuition paid for any full days of the program not yet attended, minus a \$500 US cancellation fee. In the event that you choose not to attend the program after signing the student agreement form, but before the first day of the program, you will forfeit the reservation deposit of \$500.

If in the unlikely event the coordinator feels a need to cancel the program, you will receive all tuition for any sessions of the program that, from the date of the cancellation, have not yet occurred.

Student Evaluation & the Graduation Process

"In the esoteric schools of thought a Tibetan parable is told. According to the story, a man without awareness is like a carriage whose passengers are the desires, with the muscles for the horses, while the carriage itself is the skeleton. Awareness is the sleeping coachman. As long as the coachman remains asleep, the carriage will be dragged aimlessly here and there. Each passenger seeks a different destination and the horses pull different ways. But when the coachman is wide awake and holds the reins the horses will pull the carriage and bring every passenger to his proper destination.

In those moments when awareness succeeds in being at one with feeling, senses, movement and thought, the carriage will speed along on the right road. Then man can make discoveries, invent, create, innovate and 'know.' He grasps that his small world and the great world around are but one and that in this unity he is no longer alone."

Dr. Moshe Feldenkrais

Students will not be formally evaluated, as this is contrary to the learning atmosphere we want to create. The main method of evaluation will be through **contact** and **communication**. Since it is important and necessary to give students specific feedback, recommendations as to the directions they need to work on to foster their learning will be given throughout the training. Our intention is to engage each student's curiosity and willingness to learn to achieve the minimum objectives of the training and develop the ability for each trainee to sustain themselves through confusing periods. Through continuous communication among the training staff, individual meetings with the students and written exchanges, each student's learning will be monitored.

We consider all effective evaluation to be a product of good communication, flexibility and an intention towards excellence amongst all participants.

Continued participation in The *Feldenkrais* Training in Sarasota is contingent upon the manner in which you conduct yourself during the training. By enrolling in the program, you agree to comply with all rules and directives of the administration, its officers, and representatives, including the program faculty. Should a trainee exhibit unacceptable and unprofessional behavior that disrupts the learning process for him or herself, or for others, or should the trainee demonstrate an inability or unwillingness to learn the required materials, we will address the matter immediately. Should a problem arise, the procedure will be to attempt to resolve it directly with the student in question. Only after such attempts fail will dismissal be considered. In the unfortunate event that such action be deemed necessary, we believe it is most fair to the individual (and the rest of the trainees) to act early in the program. In some instances people have been allowed to continue in the training for their personal development with the agreement that they were no longer on the track to becoming a practitioner. When such a case arises, it is preceded by a number of meetings and decided through a mutual understanding of what best serves the trainee and his/her learning.

After the successful completion of the first two years of the program you will be authorized as a student teacher of *Awareness Through Movement*. For the duration of the training you may advertise yourself **only** as such and may charge fees for classes. If you drop out or are terminated from the program after two years, but before graduation, you will lose the right to teach *Awareness Through Movement*, unless you have requested and received a written leave absence from the coordinator and educational director. Such a leave of absence is contingent upon your continuing with the training at The *Feldenkrais* Training in Sarasota or another accredited program. You will be authorized to teach individual *Functional Integration* lessons **only** after successful graduation from the program.

Graduation from the *Feldenkrais* Training in Sarasota requires in-class demonstration of the ability to teach *Awareness Through Movement* and *Functional Integration* lessons. Graduation also depends upon full attendance throughout all the segments. Any student missing more than 5 (five) training days per year or more than a total of 10 (ten) days over the course of the entire four years will be required to make up lost time before being eligible for graduation. Tuition will not be reimbursed for missed days.

Should you miss more than the maximum allowed number of class days, you must make special arrangements with the educational director; these arrangements may include being required to make up class time in another training program at additional cost. Furthermore, the educational director reserves the right to ask any particular student to receive further training before being considered for graduation.

Upon successful completion of the program, you will be authorized and qualified to practice as a *Feldenkrais Practitioner*. You will receive a certificate of graduation under the auspices of the FELDENKRAIS GUILD of North America. This diploma will make you eligible for membership in all *Feldenkrais* Professional Associations or Guilds recognized by the International *Feldenkrais* Federation and to apply for status of “*Guild Certified Feldenkrais Practitioner*” from one of those organizations.

The laws of a given country or state may vary with regard to the use or application of the movement lessons and procedures taught in the *Feldenkrais* Training in Sarasota. You are responsible for making your own inquiry regarding all local laws, licenses, and regulations that may affect your ability to practice the method, both in terms of teaching group classes and individual, hands-on lessons. Any additional requirements that must be met in order to practice in a specific country or state are entirely your responsibility. The administrator, its officers, and representatives make no representation or warranties concerning the uses or applications of the movement lessons and procedures taught in this program other than that the program has met all requirements for accreditation by the North American *Feldenkrais* Training and Accreditation Board.

Feldenkrais®, *Feldenkrais Method*®, *Functional Integration*®, *Awareness Through Movement*®, and the *Feldenkrais* Logo are registered service marks held by the THE FELDENKRAIS GUILD or professional Association of most countries. This being the case, the student contract requires you to follow the guidelines regarding the use of service marks established by the Guild or Association of the country or countries in which you reside or practice.

For information about the practice of the *Feldenkrais Method* where you live, please contact your local professional association. In the USA this is The Feldenkrais Guild of North America, 3600 SW Hood Ave., Suite 100, Portland, OR 97201, (800) 775-2118, (503) 221-6612, fax(503) 221-6616 OR www.feldenkrais.com