



The **FOURTH YEAR** of the training is used for learning very specific difficult and unusual functional patterns, topics and themes that are encountered in more advanced Functional Integration situations. During the course of the fourth year students practice giving Functional Integration lessons to people from outside of the training under staff supervision. During these supervision periods and the practicum students are given feedback on their skills, sensitivity, and thinking. At the end of the fourth year a diploma is awarded to each student who meets the requirements of graduation.

The Training Program is based on the educational **MATERIALS** developed by Moshé Feldenkrais. During the entire program students will be exposed to the original (written, recorded and video) materials of Moshé Feldenkrais. We recommend students to read the published books by Moshé Feldenkrais as well as materials that have relevance to the topics being learned. A recommended reading list will be handed out to the students as well as a list of suggested teaching materials worth purchasing during the course of training.

TRAINERS ARE:

JEREMY KRAUSS, EDUCATIONAL DIRECTOR

Jeremy was a personal student of and directly trained by Dr. Feldenkrais. He has been studying and teaching the Feldenkrais Method for over 25 years. His book "Feldenkrais: The Way to Improve Personal Ability" has been published in Hebrew, Russian and German. („Einfach Bewegen“ - Junfermann Verlag). Jeremy is an excellent teacher and is known for his clear presentation of both the practical and theoretical aspects of the method. He teaches Training Programs, Advanced Trainings and Master Classes worldwide. Besides his teaching Jeremy was chosen by the International Feldenkrais Federation (IFF) to translate important teaching materials by Moshé Feldenkrais from Hebrew into English.



JEREMY KRAUSS
EDUCATIONAL DIRECTOR

LIVIA CALICE, AUSTRIA | **CARL GINSBURG**, USA/
GERMANY | **MARA DELLA PERGOLA**, ITALY | **MYRIAM
PFEFFER**, FRANCE | **ALIZA STEWART**, USA | **BEATRIZ
WALTERSPIEL**, GERMANY |

TEACHING LANGUAGE will be English because of the international staff and international student body. To speak and understand standard school-English is sufficient. German speaking teachers will be present throughout the whole Training Program.

DATES

YEAR 1

SEPTEMBER 8 – OCTOBER 3 2008 FEBRUARY 9 – MARCH 6 2009

YEAR 2

SEPTEMBER 7 – OCTOBER 2 2009 FEBRUARY 8 – MARCH 5 2010

YEAR 3

SEPTEMBER 6 – OCTOBER 1 2010 FEBRUARY 7 – MARCH 4 2011

YEAR 4

SEPTEMBER 5 – SEPTEMBER 30 2011 FEBRUARY 6 – MARCH 2 2012

TUITION

YEAR 1 AND 2: 3.900,- (INCL. 20 % MWST./VAT) PER YEAR.

EARLY BIRD: IF YOU APPLY BEFORE APRIL 30TH, 2008

YOUR TUITION FOR THE FIRST YEAR WILL BE REDUCED TO 3.700,-.

YEAR 3 AND 4: 4.300,- (INCL. 20 % MWST./VAT) PER YEAR.

Please note: The Training Program is subject to cancellation with 30 days advance notice due to insufficient enrolment, teacher availability and/or location availability.

“THIS IS THE MOST SOPHISTICATED AND EFFECTIVE METHOD I HAVE SEEN FOR THE PREVENTION AND REVERSAL OF DETERIORATION OF FUNCTION.” MARGARET MEAD

GRAPHIK & SCHÖNES, J. MULLAN

“THE EXERCISES ARE INGENIOUS AND SO SIMPLE.”

YEHUDI MENUHIN

WE WELCOME STUDENTS of diverse ages, professions and backgrounds such as theatre, dance, music, sports, education, physical and occupational therapy, psychology, medicine and others.

PLEASE CONTACT THE FELDENKRAIS INSTITUT WIEN FOR YOUR APPLICATION FORM.

VENUE

The location of the Training Program will be Don Bosco Haus Wien (www.donboscohaus.at), beautifully located in a big garden near the famous Schloss Schönbrunn. It is easily accessible by public transportation.

ACCREDITATION AND CERTIFICATION

The program follows the international guidelines for Feldenkrais Training Programs. It will be fully accredited by the Feldenkrais European Training and Accreditation Board (EuroTAB, www.eurotab.org) and approved by the Feldenkrais® Verband Österreich (www.feldenkrais.at).

Graduates of the training will be qualified to become Feldenkrais® Practitioners, i.e. they will be entitled to teach Awareness Through Movement® (provisionally after two years) and to give lessons in Functional Integration® (after full graduation). Furthermore graduates are eligible to become members of their national guilds. The diploma will be acknowledged by all professional Feldenkrais organizations in the world.

SEPTEMBER 2008 – MARCH 2012
FELDENKRAIS INTERNATIONAL
TRAINING PROGRAM
WIEN 5

**FELDENKRAIS
INSTITUT
WIEN**



THE FELDENKRAIS METHOD

was developed by Dr. Moshé Feldenkrais (1904-1984), physicist, engineer, martial artist, educator and researcher. The method is a unique and revolutionary approach to the understanding of human learning, movement and function. Its focus is on the practical development of one's own individual potential and ability. The Feldenkrais Method is practiced by using two techniques: Awareness Through Movement and Functional Integration.



DR. MOSHÉ FELDENKRAIS

In **AWARENESS THROUGH MOVEMENT** (ATM) the teacher leads a group of people through verbally directed movement lessons. The movements are done at one's own pace with enough time to explore individually for one's own understanding and comfort.

The **EFFECTS** of the lessons are profound and give an increased sense of well-being and spontaneity. People learn to improve the way they organize themselves for action. These lessons cover a wide range of human movement; from infant development to high level performance abilities.

FUNCTIONAL INTEGRATION (FI) is an individualized, hands-on, mostly non-verbal, one to one process. The student is guided by the practitioner through sequences of movements that bring the student to learn a more efficient use of him/herself in daily life. The touch is non-invasive, sensitive and precise.

The **FELDENKRAIS TRAINING PROGRAM** is a fascinating educational process in the techniques and theoretical concepts of the method. You will graduate as a skilled and confident **Feldenkrais Practitioner**, certified to teach in the whole world (see below). The abilities of each student will be furthered in a non-competitive way. A highly supportive environment is developed so that optimal conditions will prevail for one's own personal exploration and experience. The Training Program develops personal competencies for practicing and understanding the method. The necessary skills for leading Awareness Through Movement groups and practicing hands-on Functional Integration are taught. By experiencing hundreds of Awareness Through Movement lessons you will learn observational skills, ways to improve your own sensitivity and awareness, didactic skills and the ability to articulate your own learning and understanding. Personal supervision will lead you to develop ways of using your hands in a feeling and clear technical manner.

“MOSHE FELDENKRAIS WAS A GREAT FRIEND OF OURS. HIS WORK, IN OUR TIMES, IS EXTREMELY IMPORTANT. HE EVOLVED THE STUDY OF BODY MOVEMENT MORE PRECISELY AND MORE SCIENTIFICALLY, I THINK, THAN ANY OTHER OF THE SCHOOLS OF HIS CONTEMPORARIES. IT REMAINS VERY IMPORTANT, BECAUSE THE BASIS OF ALL THEATRE WORK IS THE BODY. THE BODY IS THE INSTRUMENT.” PETER BROOK

SYLLABUS

The Training Program is spread over a four year period where each year is divided into two learning segments (20 and 20 days each).

During the **FIRST YEAR** of the training students become acquainted with all aspects of the method. Awareness Through Movement lessons are done in great depth, the foundations for Functional Integration are set and lectures are given on theoretical aspects of the method. Awareness is developed to new ways of thinking, feeling, and acting. Through self-observation and observing others your ability to sense movements is refined and an understanding of the learning process is formed.

One of the main themes of study during the **SECOND YEAR** of the training is the learning of the pedagogical aspects of teaching Awareness Through Movement through structural

analysis of lessons, including the lessons' functional logic and the principles and theories of learning. During the course of the second year a wide variety of lessons are experienced and learned which explain the principles of the method. Then it is possible to build and create lessons for specific groups and purposes. There is continuous supervision for learning how to teach. In the practicum students are personally supervised and given feedback to his/her performance, teaching skills, and understanding in Awareness Through Movement - then students are given provisional permission to publicly teach Awareness Through Movement until full certification at the end of the Training Program.

In the **THIRD YEAR** the focus is on evolving further skills for Functional Integration. The students learn to develop a series of lessons. The ability and understanding of how to transfer functional ideas from Awareness Through Movement to Functional Integration is demonstrated, learned, and practiced. People from the public are brought into the training so that students can observe Functional Integration lessons given by the educational staff to individuals with very specific functional needs, difficulties, and learning problems.



CURIOUS? ASK QUESTIONS!

FOR FURTHER INFORMATION AND APPLICATION PLEASE CONTACT:

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WWW.FELDENKRAISINSTITUT.AT

BOOKS BY MOSHÉ FELDENKRAIS: ABENTEUER IM DSCHUNDEL DES GEHIRNS. DER FALL DORIS | BEWUSSTHEIT DURCH BEWEGUNG. DER AUFRECHTE GANG | DIE ENTDECKUNG DES SELBSTVERSTÄNDLICHEN | DAS STARKE SELBST. ANLEITUNG ZUR SPONTANITÄT (ALLE ALS SUHRKAMP TASCHENBÜCHER) | DER WEG ZUM REIFEN SELBST. PHÄNOMENE MENSCHLICHEN VERHALTENS (JUNFERMANN VERLAG)

ALL BOOKS ALSO AVAILABLE IN ENGLISH.