

# Eugene *Feldenkrais*<sup>®</sup> Professional Training Program 2010

sponsored by



Options Through Movement<sup>LLC</sup>  
PHYSICAL THERAPY

in collaboration with

*Feldenkrais*<sup>®</sup> Movement Institute/Frank Wildman, Ph.D., GCFT  
and University of Oregon Department of Dance

# Information & Schedule

|                |  |
|----------------|--|
| <b>When</b>    | Begins September 13, 2010  |
| <b>Where</b>   | University of Oregon, Department of Dance, Eugene, OR                    |
| <b>Tuition</b> | Years 1 and 2 are \$4000 per year*<br>Years 3 and 4 are \$4200 per year* |

\*Tuition payable in installments prior to the commencement of each segment.

## **Accreditation/Certification**

This training is accredited by the *Feldenkrais Guild*<sup>®</sup> of North America.

## **for Registration, Send Application to**

Options Through Movement, LLC  
143 E. 12th Alley • Eugene, OR 97401

## **Contact Information**

**Jan Cox, email** [jancox.otm@gmail.com](mailto:jancox.otm@gmail.com), phone **541.343.7996** or  
**Robin Dow, email** [rkdotm@hotmail.com](mailto:rkdotm@hotmail.com), phone **541.957.0500**

## **for Additional Information**

[www.optionsthroughmovement.com](http://www.optionsthroughmovement.com)  
[www.feldenkraisinstitute.org](http://www.feldenkraisinstitute.org)  
[www.travellanecounty.org](http://www.travellanecounty.org)

*(Schedule reverse side)*

# Schedule

## Year One

- Segment 1** Sept. 13-25, 2010
- Segment 2** March 14-26, 2011
- Segment 3** June 6-23, 2011

## Year Two

- Segment 4** Sept. 12-24, 2011
- Segment 5** March 19-31, 2012
- Segment 6** June 11-28, 2012

## Year Three

- Segment 7** Sept. 10-22, 2012
- Segment 8** March 18-30, 2013
- Segment 9** June 10-27, 2013

## Year Four

- Segment 10** Sept. 16-28, 2013
- Segment 11** March 17-29, 2014
- Segment 12** June 9-26, 2014



# Program Curriculum

## Topics of Study Will Include

- Biomechanics
- Functional & Evolutionary Anatomy
- Dynamic & Systems Theory
- Motor Learning & Action Theories
- The Psychology of Motion & Emotion
- Neuroscience and the Function of the Nervous System
- Martial Arts, Dance, Creativity Study
- Communication Science
- Anthropology
- Developing Successful Private Practice

The learning you will experience in the training has very little in common with the learning that was required of us in school; it is much more closely related to the organic and exploratory learning we used in developing our abilities to walk, speak and interact.

A *Feldenkrais*® Practitioner Training is an environment designed to help you develop fuller use of your nervous system. More importantly, you can evolve out of limiting habits of moving, perceiving, feeling and thinking. The training provides the time to gain knowledge and skill to enhance awareness and bring about change, even in those areas of your personal development that were excluded or neglected earlier in life.

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## Year One

Expands your visual and kinesthetic acuity. Through your experience of many *Awareness Through Movement*<sup>®</sup> (ATM) lessons, you learn to observe movement in yourself and others. *Functional Integration*<sup>®</sup> (FI) is introduced and you begin to explore how to construct a lesson, learning to touch in a way that is instructive rather than corrective.

\*\*Students receive FI's throughout the course of the training.

## Year Two

Focuses on learning how to teach ATM by constructing lessons and learning to expand your verbal capacities for teaching movement expertly. Applications of Frank Wildman's new "Change Your Age" program will be introduced.

## Year Three

Continues with study of ATM and FI, focusing on the development of movement from infancy through adulthood. It includes Frank Wildman's "The Evolution of Motion" program. You experience ATM lessons addressing the origins of movement on the planet and the structures and functions associated with this.

## Year Four

Introduces "Your Brain as the Core of Strength and Stability" taught and created by Frank Wildman. You explore more difficult movement lessons based on the martial arts. The second half of this year involves a supervised clinic where you have the opportunity to get real-life, hands-on experience. How to organize a practice and apply the method are included.

\*\* In some states or countries, graduates may be subject to licensing laws limiting their professional practice, unless s/he has (a) certain license(s).

\*\* Neither ATM nor FI may be practiced professionally until the student has graduated from an accredited training program.

# The Training Staff



**Dr. Frank Wildman** is the founder and director of the *Feldenkrais*® Movement Institute in Berkeley, CA, the most experienced training organization for the *Feldenkrais Method*® in the world today. He is internationally known as a practitioner, lecturer and author and is widely recognized for his work integrating the psychology and biology of motion. Since 1985 he has trained hundreds of practitioners in numerous professional training programs, workshops and seminars throughout the US, Australia, Europe and Asia. A former professional dancer and performing artist, Dr. Wildman holds degrees in physical education, biology and psychology. He studied with Dr. Moshe Feldenkrais, the originator of the Method, for over ten years.

As a presenter, Dr. Wildman has reached a rich and extensive professional audience, including: The American, Canadian and Australian Physical Therapy Associations; The Council for Health and Physical Recreation, Sport and Dance; and The American Back Society. He designed Back Care and Gerontology Programs, with specific *Feldenkrais Method*® applications, for the University of California. He has written books and produced numerous CD and DVD programs, some with specific themes such as Fibromyalgia and Chronic Pain, The Timeless Body—Improving With Age, Dealing with Back Pain and Your Brain as the Core of Strength and Stability. His newly-developed program, *Change Your Age*, is being very well received around the world, not only in the areas of movement, dance, education and medicine, but also in athletic, fitness and wellness venues. Among practitioners, Frank is regarded as a pioneer in the field and is noted for his visionary and dynamic style of teaching.

*Frank Wildman hands down and hands on the richness and complexity of the method directly from its founder, Moshe Feldenkrais.*

Michael McClure, Obie Award-winning Playwright/Poet

**Mary Spire** is an experienced and certified *Feldenkrais*<sup>®</sup> practitioner and a Trainer in international *Feldenkrais*<sup>®</sup> trainings. She holds a Master's Degree in Piano Performance from U.S.C. and performed for many years before becoming a *Feldenkrais*<sup>®</sup> practitioner. She has taught the *Feldenkrais Method*<sup>®</sup> at U.C. Berkeley, U.C. San Francisco, Boston University, SUNY Stonybrook, the Tanglewood Music Center and at other schools and hospitals. Since 1994, she has been teaching for the San Francisco Symphony's Prevention & Wellness Program. In addition to her frequent workshops, lectures and symposia, Mary maintains private practices in Berkeley and Corte Madera, California, where she specializes in working with infants and children, older adults, people with neurological conditions and performing artists.



**Katrin Smithback** began her studies with Moshe Feldenkrais in 1980 and has had a continuous *Feldenkrais*<sup>®</sup> practice in Santa Fe, NM since then. Katrin was on the faculty at the College of Santa Fe for 17 years, teaching applied movement in the theater, dance, music and physical education departments. Her interest in practical applications of the *Feldenkrais Method*<sup>®</sup> has led her to develop and teach workshops and classes for a wide variety of groups, including athletes, actors, the disabled, therapists, the elderly, and the general public. She also teaches advanced trainings for practitioners and mentors local practitioners. As a trainer, Katrin teaches in professional training programs in the US, South America, Canada, Asia and Europe.

**Stephen Rosenholtz** earned his Ph.D. in Education at Stanford University in 1981. Since his graduation from Feldenkrais' Amherst training, he has maintained a practice and taught in *Feldenkrais*<sup>®</sup> trainings worldwide. Stephen has served as Educational Director of trainings in Germany and Switzerland and currently directs the *Feldenkrais*<sup>®</sup> training in Colima, Mexico.



Dr. Rosenholtz is also the creator of *Move Like the Animals* and *Monkey Moves*, award winning musical movement programs for children based on Feldenkrais' lessons.

# Products

## **The Busy Persons Guide to Easier Movement**

Book \$16.95

50 ways to achieve a healthy, happy, pain-free and intelligent body. Special Centennial Edition for Moshe Feldenkrais' 100th Birthday. This very timely and indispensable book provides common sense lessons to connect the mind and body through movement. Whether you are an athlete, performing artist, professional or health care worker, this book will help you work and live with greater ease.

## **The Intelligent Body: Volume I and II**

24 CDs with User Guide \$189.00

Newly Revised! The Classic and Complete *Awareness Through Movement*® Home Program used by thousands around the world, features twenty-four 45 minute movement lessons. Dr. Wildman explains how to improve breathing, posture, flexibility and balance. Throughout these intriguing movement lessons he expertly integrates stimulating theories about human movement.

## **The Better Driving CD**

CD \$16.95

If you commute to work each day or drive for a living, you understand the need to lower stress, reduce headaches and alleviate back pain while on the road. Dr. Wildman will help you find your optimal driving position that will take pressure off your lower back, shoulders and neck. Maintain alertness; increase respiration and peripheral vision while driving. Total time: 40 minutes. Divided into two parts.

## **Dealing with Back Pain**

2CD set \$24.95

This is your home back care program. After many years of helping patients with back pain, Dr. Wildman created a Back Care Program for the University of California that has proven beneficial to thousands of back patients and is used in clinics worldwide. Total time: 94minutes. Divided into short, easy-to-do segments.

## **Moving from Pain into Pleasure: Fibromyalgia and Chronic Pain CD**

CD \$16.95

As a member of the Fibromyalgia council, Dr. Wildman has created six innovative ten minute long lessons proven effective in restoring pleasurable movement to thousands of suffering from Fibromyalgia and chronic pain. Total time: 68 minutes. Divided into two parts.

## **The TMJ CD**

CD \$16.95

Dr. Wildman creates a totally new approach for those with chronic jaw pain, known as TMJ problems. Reduce postural stress in the head, neck and shoulders and eliminate frequently occurring tension headaches. Total time: 40 minutes. Divided into two parts.

## Your Brain as the Core®

Complete DVD Series \$260.00, Part 1 or Part 2 only: \$169.00

### PART ONE

The first part of the training contains *Awareness Through Movement*® (ATM) lessons, and shows how they can be used hands-on in Part Two.

It will serve as an advanced training for your brain. The desire for the look and feeling of strength and stability will remain prevalent in our culture for a long time to come. There are millions of people of all ages who have integrated some form of exercise routine into their lives, and injuries from their routines are increasing. In this first class you can learn to affect the organization that underlies movements most people associate with great strength, flexibility, natural talents or hard to achieve abilities. You will learn ATM strategies and techniques that can directly influence people involved in Yoga, Martial Arts, Dance, and Pilates.

### PART TWO

This *Functional Integration*® (FI) Master Class is both the next step for practitioners who have been successfully working for several years, as well as a first step for those seeking a direction in their practice with themselves and their clients. We will work with ligaments, tendons, and viscera integrated into muscular control or expression. This aspect of the *Feldenkrais Method*® is not presented in training programs yet remains a vital part of the origins of the Method.

## Change Your Age

Book \$18.95

WHAT MAKES a person old? Some people think it's wrinkles; others think it's stodgy attitudes. But, really, the culprit is our habits. When we unlearn these habits and create new ones, we make our bodies and minds younger, stronger, and more flexible. In essence, we create a more youthful and intelligent body at any age.

Unlike other members of the animal kingdom, as humans, we only gradually learn how to control our bodies. To survive as infants and children, we must learn to lift our heads, push up our chests, sit, crawl, walk, jump, skip, and run. Once we learn these—and ever more complex—movements, we stop the learning process and our movements become habituated, often in ways that put stress on our bodies or ways that become rigidified and locked over time. We're left with a lifetime of habits—from how we swing a tennis racket or sit at the keyboard to how we move, when we cook a gourmet meal—that can become harmful to our bodies.

Although exercise and movement in general can feel good and be considered health-related, not many people make the same connection of exercise to their brain. Using the principles of neuroscience, you can learn to guide your body internally in order to discover new sensations, a new and wider range of movement, and new techniques for coordinating your movements for ease and efficiency. You will engage your whole body and your brain in simple but powerful movement sequences that can actually re-groove your brain's neuropathways so you begin to move in healthier, stronger, more coordinated, and even graceful ways.

These exercises adapt to you and your exact needs. The results you see in your sense of vitality and youthfulness will attest to their effectiveness.

Moving well, and using our whole body, is one of the best ways to reverse the all-to-common effects of aging. You can have a spring in your step, an air of grace, and stability and ease of movement at any age. What it means to be 50 today—how you function, what you are able to achieve, your life expectations, and how you appear—is very different from just 50 years ago.

### TO ORDER

phone 800.342.3424 or fax 510.527.2634

email: [info@feldenkraisinstitute.org](mailto:info@feldenkraisinstitute.org) • [www.feldenkraisinstitute.org](http://www.feldenkraisinstitute.org)