

## **Abstract**

This study examined the opinions and experiences of experienced Feldenkrais practitioners working with primary school children about the effects of the Feldenkrais method on primary school children and the most appropriate scheme of implementing the method in the primary school programs. Three Feldenkrais practitioners were interviewed, who all had more than 5 years of experience in teaching the Feldenkrais method as well as many years of experience in working with children. A qualitative survey, a guided interview, was used. Both genders were represented, and the interviewees had different backgrounds. They reported that introducing the Feldenkrais methods in elementary schools had a positive effect on children. They also stressed the importance of the way in which the Feldenkrais method is presented in a school and discussed what kind of introduction and setting would be the most appropriate. The interviewees emphasized that the Feldenkrais method is appropriate for every child, regardless of his age, and that each child benefits from the Feldenkrais method in his own individual way. Thus, they recommended an early introduction. The long periods of sitting in school were criticized, along with infrequent integration of movement into the learning, in spite of great positive effects linked to greater interest of a child for learning by the means of movement. It is important that teachers get familiarized with the methods which promote learning through movement and that they experience these methods themselves, as this clearly demonstrates their usefulness. Opinion on the integration of Feldenkrais methods into primary school through the health system differed. On one hand, it is important to emphasize the impact on children's health and to improve the psychosocial factors of health for children, which parents have interest for. On the other hand, the Feldenkrais method is primarily a method of learning through movement. Nevertheless, positive effects are to be expected of the integration of Feldenkrais method in the primary school can be expected.