

Moshe Feldenkrais

San Francisco Audio Recordings & Transcripts

Year One Weeks 1 and 2 1975



Dr. Moshe Feldenkrais

San Francisco Training Transcripts

Year One . Weeks 1 and 2 . 1975

Published by the International Feldenkrais Federation . Paris, France

Dr. Moshe Feldenkrais San Francisco Training Program From 1975 to 1977, the first North American practitioner training program was held at Lone Mountain College in San Francisco, California. With only 60 to 65 students this was an intimate training. As Feldenkrais was learning how to work with American students he tended to explain quite a lot about what he was doing. Unique among his trainings, Awareness Through Movement lessons and Functional Integration instruction unfold together. The philosophical and theoretical basis of the method emerges in answers, explanations, stories, Functional Integration explorations and Awareness Through Movement lessons.

The San Francisco training asked the tough questions in new and playful ways and gave us room to convert the questions into our own way of enacting a solution. . . . Studying with Dr. Feldenkrais was the same for everyone, that is to say, it was unique. So will it be for you as you go through this San Francisco training.

Archived Resource - 1 x Data DVD in case