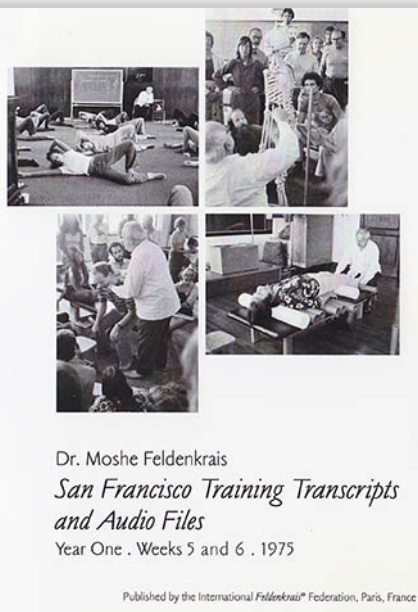


Moshe Feldenkrais

San Francisco Audio Recordings & Transcripts

Year One Weeks 5 and 6 1975



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 Dr. 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 emerge in answers, explanations, stories, *Functional Integration* explorations and *Awareness Through Movement* lessons.

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