



SemioPhysics Feldenkrais® Training

Beginning June 18, 2012 in Marin County, Northern California
Dennis Leri, Educational Director

The greatest of all pleasures is the pleasure of learning --- Aristotle

Our marvelous capacity for adaptive learning is unparalleled. However, when encountering novel situations our previous habits of learning can work for us or against us. When it is necessary or desirable to adapt to change, the *Feldenkrais Method*® provides the means to know what to learn and how to learn it. By knowing how to access our nervous system's self-organizing processes -- through intention, attention and movement -- we can transform and refine our every activity. The goal of the SemioPhysics *Feldenkrais* Training is to introduce students to the deeply satisfying process of "learning how to learn."

ABOUT THE FELDENKRAIS METHOD

Moshe Feldenkrais (1904-1984) was one of the leading scientists of his generation. As a practicing physicist and engineer he made many original contributions to his fields of concern. He was a close friend of Nobel Prize Laureate Frederic Joliot-Curie and his research associate at the Curie Institute in Paris. He was also an early practitioner of Judo, having begun his formal practice around 1932. He was a sought after teacher of Judo and authored several books on the subject. However, it was in the relationship between movement and the ways we think, feel, sense and learn that Dr. Feldenkrais made revolutionary discoveries. *Feldenkrais*® lessons explore the biological as well as cultural aspects of attention, intention and cognition. The singular genius of *Feldenkrais* lessons is how they use bodily movement, actual and imagined, to focus learning at the juncture of thought and action. His work demonstrates that sensory-motoric differences spaciouly attended to in an act create the awareness to free us from compulsion.

The *Feldenkrais Method* is beguilingly simple and versatile in application; to suit specific needs it is taught in two formats: *Awareness Through Movement*® group classes and hands-on individual *Functional Integration*® lessons. Sharing the same conceptual basis both approaches use the nervous system's ability to self-organize towards more effective and intelligent action. The *Feldenkrais Method* evokes and makes accessible each student's intelligence.

THE *FELDENKRAIS* TRAINING

The SemioPhysics *Feldenkrais* Training is passionately committed to developing each student's conceptual, experiential, verbal and non-verbal understanding. To facilitate learning the many different aspects of the *Feldenkrais Method*, course content will be explored in whole group, small group and individual one-to-one teaching modes. Student to student and student to teacher ratios will be constantly varied allowing participation in an open and intimate basis. The Training environment will be lively, non-competitive and supportive; it is assumed that students will progress at different rates.

Students will expand and deepen their experiences of all aspects of the *Feldenkrais Method* by:

- Exploring the common dynamics of *Awareness Through Movement* and *Functional Integration*
- Refining their sense of touch
- Developing skills of self observation and observation of others
- Learning to verbalize their understanding
- Learning to translate their insights to teaching *Awareness Through Movement* and *Functional Integration*

DATES AND TIMES

The Training meets twice a year: five weeks each summer to provide time for immersion in the learning process and three weeks each January to insure continuity. To shorten the overall training length and reduce travel expense, the fourth year will be an eight week summer segment. The training is 40 days a year for total of 160 days. Class hours are 1:00 pm to 6:30 pm Mondays through Thursdays and 9 am to 1 pm Fridays to permit a long weekend. Dates exclude weekends and may change slightly depending on special events at the Unitarian Church training site.

Year 1:	18 June-20 July 2012	7 January-25 January 2013
Year 2:	17 June-19 July 2013	6 January-24 January 2014
Year 3:	16 June-18 July 2014	5 January-23 January 2015
Year 4:	8 June-31 July 2015	

“Rather than dealing with our own or other people’s difficulties, which are artifacts of what we are enacting and perceiving, our task will be to recognize that we are dealing with action as cognition itself.” --- Dennis Leri

ACCREDITATION AND CERTIFICATION

Graduates of the SemioPhysics *Feldenkrais* Training Program will be qualified to be teachers of the *Feldenkrais Method*. Diplomas will be honored worldwide. In most countries, students may teach *Awareness Through Movement* classes during the 3rd and 4th years of the Training; lessons in *Functional Integration* may only be given after graduation. Only teachers certified by the *Feldenkrais Guild*[®] of North America (FGNA) are authorized to use the service marks associated with the practice of the *Feldenkrais Method*. The SemioPhysics *Feldenkrais* Training format is consistent with international standards.

LOCATION

The Training will be held in San Rafael in beautiful Northern California, 30 minutes from San Francisco and Berkeley, close to both hiking trails on Mount Tamalpais and pristine Pacific Ocean beaches. The Training site is tranquil, spacious and affords panoramic views of the surrounding countryside; it includes a garden, patio and kitchen. Virtual tour: <http://circlepix.com/tour.htm?id=416110&refurl=circlepix.com>.

The Training is non-residential; assistance with carpooling is provided, as well as help in locating housing. If you wish to bring your children we can facilitate obtaining child care.

FACULTY

Dennis Leri, *Guild Certified Feldenkrais Practitioner*^{CM} and certified *Feldenkrais* Trainer is the Educational Director for the SemioPhysics *Feldenkrais* training. He has worldwide experience presenting the *Feldenkrais Method* in training programs, seminars and workshops. He graduated from the first professional American *Feldenkrais* training (1975-1977) and he apprenticed with Dr. Feldenkrais at the Feldenkrais Institute in Tel-Aviv, Israel. He has taught the Method for over 34 years. His accessible and challenging teaching style reflects his training in Western and Eastern philosophy, psychology, martial arts and poetics. His published articles on the *Feldenkrais Method* have been translated into several languages.

As Educational Director, Dennis will be at the Training during all segments. Other Trainers will include Elizabeth Beringer, Russell Delman, Lawrence Wm. Goldfarb, Arlyn Zones, Deborah Bowes and Mary Spire. All are highly experienced teachers. Additional training staff will include Carol Kress, Kathy Pinkos-James, Gay Sweet Scott and Karen Zindars.

“...health is the capacity to recover from shock and to realize unavowed dreams....”
Moshe Feldenkrais

APPLICATION

To apply, please request an application form and information packet by e-mailing or phoning us at: *Email:* info@semiophysics.com *Phone:* 415.857.4778

TUITION

Yearly tuition is \$4,200 on the installment plan.

For payment in full on the first day of each new Training year the tuition is discounted to \$4,000. We accept credit cards.

INTRODUCTORY WORKSHOPS FOR THE PUBLIC

Please check the Workshops section at the [semiophysics.com](http://www.semiophysics.com) website to see a list of upcoming workshops. Workshops are a good place to experience *Awareness Through Movement* lessons and to meet Dennis or some of the other teachers.

CONTACT FOR MORE INFORMATION

Web site: <http://www.semiophysics.com>

Email: info@semiophysics.com

Regular mail: 12 West Street, San Rafael, CA 94901 USA

Phone: 415.857.4778

Please note: Training programs are subject to cancellation with 30 days advance notice due to insufficient enrollment, teacher availability, and/or location availability. Participation in a training program does not guarantee graduation. Students may be asked to leave if their behavior compromises the learning of others. Accreditation of the program by the FGNA does not indicate that this programs meets local or state laws for post secondary or vocational training.

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