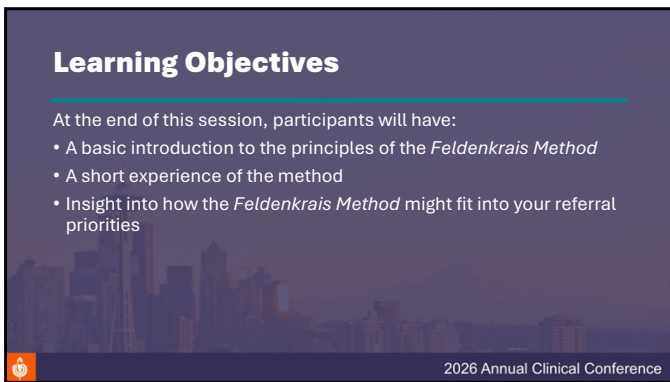


1



2



3

Underlining some themes

- We learned to move in a long apprenticeship with gravity
- We develop habits for good reasons
- Some habits become 'parasitic'
- We cannot overcome parasitic movement habits by force of will
- We must 'know' them—sensing our movement patterns in many ways, in many variations
- Sensing requires slowing down and moving less (Weber-Fechner law)
- A *Feldenkrais* practitioner guides in this process



2026 Annual Clinical Conference

4

Why do people seek out *Feldenkrais* practitioners?

- Chronic pain
- Repetitive injury
- Acute injury / surgery
- **High-level performers**
Athletes, dancers, musicians, actors, leaders, health professionals
- Neurological issues (post-stroke, MS, PD, TBI)
- Special needs children
- Bodily self-awareness
- Healthy aging



2026 Annual Clinical Conference

5

Guiding Principles for *Feldenkrais* Practitioners

- We are educators guiding our clients to sense themselves more clearly
- Discoveries must be clients' own in order to be meaningful; we don't impose external ideals
- We don't 'fix' or 'heal' anyone or anything
- We focus on optimal organization of the whole person rather than localized dysfunction
- We hold goals in mind, but lightly; the emphasis is on the process



2026 Annual Clinical Conference

6

Optimizing Human Functioning

- Any activity or function can be the theme around which we organize a lesson
- Function implies a systems-oriented approach
- Optimal functioning requires clear movement relationships between all parts of a person
- Our entry-ways are through movement and attention
 - We recruit properties of:
 - Skeletal system via biomechanics
 - Nervous system via neuroplasticity & learning
 - ... to refine self-perception and create more options for acting

2026 Annual Clinical Conference

7

Individual Sessions: Functional Integration® (FI®)

- Movement observation & analysis
- Hands-on work
- Clients come to focus on their individual questions, to get to the root of their personal habits more directly

2026 Annual Clinical Conference

8

Group Classes: Awareness Through Movement® (ATM®)

- Verbally guided movement experiences where we direct the the students' attention to help them sense themselves more clearly
- More general than private sessions, but uniquely potent, as students experience 'meta' learning about their habits of action and attention
- Great for ongoing exploration

2026 Annual Clinical Conference

9

Awareness Through Movement Experience

- How familiar are you with your movement patterns?

2026 Annual Clinical Conference

10

Our Governing Bodies

- *Feldenkrais Guild*[®] of North America and other regional guilds
- Training Accreditation Boards of each guild
- International *Feldenkrais* Federation

...Over 1,000 practitioners and teachers in the US
About 10,000 in the world in 21 countries

2026 Annual Clinical Conference

11

Feldenkrais certifications in North America:

Guild Certified Feldenkrais Practitioner^{cm} (GCFP)

- Practitioners train for at least 800 hours over at least three, typically four, years

Certified Feldenkrais Awareness Through Movement Teacher^{cm}

- Teachers (a new certification as of December 2025) train for at least 400 hours over at least 18 months, more likely 2 years

2026 Annual Clinical Conference

12

How to find *Feldenkrais* teachers and practitioners?

- *Feldenkrais Guild*[®] of North America: FELDENKRAIS.COM
- In other countries: Search for that country's 'guild'

TIP: Because the *Feldenkrais Method* is broadly applicable, there are many types of practices with practitioners and teachers from many different backgrounds. Look into:

- How active are they?
- How long have they been practicing?
- Do they have a related (or unrelated) specialty?



2026 Annual Clinical Conference

13

How To Reach Beth & Sheri



ail.com

ovement.com



2026 Annual Clinical Conference

14
