



*Institute of Holistic Healthcare*

整全保健學院



中 | 瑛 | 學 | 院 SINO  
BRITISH

**The FELDENKRAIS METHOD**  
**( 2<sup>nd</sup> Intake )**

Prospectus  
2022

Institute of Holistic Healthcare in cooperation with Sino-British Academy are excited to announce the start of an internationally fully recognized accreditation program in The FELDENKRAIS METHOD.

The course is fully recognized and authorized through the Australasian Training & Accreditation Board (AusTAB) whom are the governing body for Feldenkrais in Asia.

All students will have the opportunity to become members of the Hong Kong & Sino Feldenkrais Association which is the only Feldenkrais Guild or Association for China and Hong Kong fully accredited and recognized by the International Feldenkrais Federation (IFF), the worlds' governing body for Feldenkrais.

# About The FELDENKRAIS METHOD

The FELDENKRAIS METHOD is a mind-body system developed by Moshé Feldenkrais. It can help reorganize the connections between the brain and the body, thereby improving the body's movement and mental state. It provides a framework within which to explore what it means to be human and how we can live in a more satisfying way.

The FELDENKRAIS METHOD helps people learn a new way of life through gentle movements to help enable efficient ways to improve the quality of movement, whether it's to improve performance, dance, rehabilitation or everyday functional activities.

The FELDENKRAIS METHOD consists of two parts, one is self-practice known as Awareness Through Movement (ATM). Another part is working with a partner, touch and movement guided exercises known as Functional Integration (FI).

# Course content

To help us understand the various aspects of Feldenkrais's theoretical framework, the following are the competencies that we develop in Feldenkrais study:

- Organic Learning vs Academic Learning
- Development and learning
- Individual motor development
- Habits and Learning
- Use non-inertial movements as a tool for exploration
- The Role of Sense of Achievement in Learning
- The importance of making mistakes in learning
- Change and learning have more to do with cognition than willingness.
- The Role of the Least Effort Model--Weber Fechner Law
- The Relationship between Symmetry and Asymmetry in Development and Learning
- Systems Theory and Self-Regulating Systems: No Single Right Way to Organize
- A closer connection between intention and action

# Basic Nature of Motion

- Direction, maneuverability and timing (duration, synchronicity, sequence)
- Intention and Intentionality in Action
- The quality of movement in the head and neck is a decisive factor in self-organization
- Stability, center of gravity and instability
- Reversibility is a reference for improving the quality of life and movement
- The biology of body posture, finding the midline or neutral position to initiate movements in any direction
- Connecting the body's energy centers during movement

## **Learning of nervous system function:**

- How habits are formed
- Replacement Mode vs Elimination Mode
- Environmental and sensory development
- The innate wisdom of the nervous system's choices
- The Role of Imagination in Learning and Exercise
- The development and background of self-attention
- Neurodevelopment and function

## **Various aspects of movement and self-image:**

- The relationship between action and behavior, mind and body.
- Definition and Concept of Physical and Mental Education
- The basis of action for all actions
- Movement in relation to sensation, emotion and action

## **The first year of ATM learning consists of the following:**

- Stretch out like a skeleton
- The first movement in life (sucking series, eye movement)
- The use of flexors, then extensors. (Flexors and extensors)

- Use of eyes in positioning and guiding movements
- Scroll to sit and return to the side
- The importance of head and neck control, control of movement agility, body tension. (Seated Torsion Series)
- Stiff reflexes of eyes, head and neck. (Turn head toward abdomen)
- Early movement, using restraints to move different parts of the body (jaw lift and rolling series)
- Energy Centers of the Body (Pelvic Clock Series)

## Who Should Come On This Course

**The Feldenkrais Method of learning is ideal for anyone:**

- Currently teaching sport or exercise related disciplines
- Practicing Sports or Physical Rehabilitation
- Dancers & Actors
- Anyone suffering from chronic pain or whom simply wish to learn to move with more efficiency or less pain.

# Course Length

The total length for full certification is 800 hours which is divided as follows:

- Year 1 4 x segments of 10 days each
- Year 2 4 x segments of 10 days each
- Year 3 4 x segments of 10 days each
- Year 4 4 x segments of 10 days each

Each segment consists of 10 days training with 5 days on - one day off - 5 days on

	Segment	Date	Rest Day
Year 1	1.1	5-15 September 2022	10 September 2022
	1.2	3-13 January 2023	8 January 2023
	1.3	4-14 March 2023	9 March 2023
	1.4	16-26 June 2023	21 June 2023
Year 2	2.1	3-13 September 2023	8 September 2023
	2.2	3-13 January 2024	8 January 2024
	2.3	4-14 March 2024	9 March 2024
	2.4	16-26 June 2024	21 June 2024

# Location

Year 1 will be conducted wholly ONLINE

Years 2 - 4 will be taught in accordance to the current international travel and quarantine regulations for Hong Kong and China during this period.

# Language

Instruction will be taught in English with Mandarin translation.

# Course Fees

Years 1 & 2 one off payment is RMB 39,800 per year

Years 1 & 2 on instalment plan = total of RMB 43,200 per year

Years 3 & 4 one off payment is RMB 43,200 per year

Years 3 & 4 on instalment plan is total of RMB 45,000 per year

Instalment plans require a NON-Refundable fee of RMB 6,000 per year.

Please refer to the table below for all payment plans.

	<b>Year 1 (4 segments)</b>	<b>Year 2 (4 segments)</b>
<b>Total of instalment plan</b>	RMB 43,200	RMB 43,200
<b>Deposit</b>	RMB 6,000	RMB 6,000
<b>1<sup>st</sup> instalment</b>	RMB 10,800	RMB 10,800
<b>2<sup>nd</sup> instalment</b>	RMB 10,800	RMB 10,800
<b>3<sup>rd</sup> instalment</b>	RMB 10,800	RMB 10,800
<b>4<sup>th</sup> instalment</b>	RMB 4,800	RMB 4,800
<b>One off payment</b>	RMB 39,800	RMB 39,800
<b>Single segment</b>	RMB 11,500/ segment	RMB 11,500/ segment



# About the Teachers

The upcoming program has a team of mentors who are world renowned as Directors of Education in various countries. They are highly dedicated and experienced in leading courses and training programs.

They bring not only Feldenkrais teaching, but also years of experience using Feldenkrais methods in different areas, all with their own personal style and approach.

Students can focus fully on their learning process in a supportive atmosphere.

## **Paul Newton - Program Director**

Paul Newton is one of the most famous Feldenkrais trainers in the world today. He has worked across Europe as Director of Education for Feldenkrais Teacher Training Programs, overseeing training programs in Spain, France, Germany, Portugal, Sweden and China. Paul Newton has been a guest coach across Europe as well as Japan, Australia, Mexico and Argentina. Despite his American origin, his international experience makes him more of a citizen of the world.

In his early years, he studied psychology of learning, focusing on gestalt therapy. His belief that mental stability was no different from physical stability, and the fact that every emotion had a somatic component and could not be established without a somatic counterpart, led him to the Feldenkrais method which, he says, "Is what I was looking for."

While developing mind-body programs for a range of specific professions, Paul also teaches the Feldenkrais course for the respected German Association of Psychologists.

Paul completed his training in San Rafael, California in 1987 and has since worked extensively with each generation of trainers

Mark Reese is one of Paul's main mentors. He was articulate and sharp in mind and was considered a genius for teaching Functional Integration (FI) exercises, which Paul absorbed as much as he could. Under the tutelage of Mark Reese, Paul learned "The Language of FI": "It's like learning a foreign language, in a way, you become fluent."

As a Feldenkrais trainer, Paul is known for his personal teaching style, very open and clear. He is also known for being approachable, and his students and participants are supported throughout the learning process.

## **Thomas Farnbacher**

Thomas Farnbacher is the director of training programs at Feldenkrais in Spain, Portugal and Russia.

He also has a strong track record in martial arts, special child care, massage, physiotherapy and dance.

He aims to become an "Educating the Educator" in the fields of psychosomatic, health ethology and body-directed psychotherapy. It is fulfilling for him to see people thrive and understand what it means to be a better self.

## **Mara Fusero**

Dr. Mara Fusero is the Director of Education for International Training Programs in Barcelona, as well as other professional training programs across Italy.

She has worked as a Feldenkrais trainer since 2010, has a degree in Physiotherapy and is a registered psychologist. She regularly teaches in several Feldenkrais professional training programs. She enriched her teaching style in the accuracy, knowledge and application of functional anatomy.

In addition, she has conducted postgraduate courses and acted as a mentor for Feldenkrais teachers in Italy and other countries.

She is a founding member of the AIIMF (Italian Association of Teachers of Feldenkrais), The scientific director of the ASCD Feldenkrais Centre, she also runs courses in the Feldenkrais method for physical therapists, which are accredited by the Ministry of Health for ECM credits.

She also carries out her own Feldenkrais method practice through ATM courses and individual courses.

## **Julie Peck**

Julie Peck is a physiotherapist who graduated from the first Feldenkrais Training in Sydney in 1990 and became a certified Feldenkrais trainer in 2003.

As a practitioner, she has been exposed to the Fidenkis method for more than 25 years, she described the whole process as an eye-opening journey. She realized that her abilities in all aspects have been greatly improved.

Julie has extensive experience teaching adults, infants and people with disabilities. With Lesley McLennan, she co-authored the psychosomatic book *Movement from the Inside Out (Moving from Inside Out)* In this book, she distills the lessons of practice, teaching, and self-learning into a series of deeply inspiring ideas to help others achieve their own unique body exploration practices. Julie is good at using precise and fluent language. Her movements are highly logical and full of variety. She has unique insights into the basic patterns of human movement.

## **Alfons Grabher**

Alfons Grabher first came to China in 2010 to hold Feldenkrais workshops and currently has a large following on its YouTube channel.

Alfons Grabher has written several books and has sold more than 10,000 copies.

Alfons also founded one of the largest Feldenkrais German related websites, with over 1,600 visitors per month.

Alfons has more than 12 years' experience teaching one-on-one private and group classes. He specializes in treating chronic pain such as back pain, knee pain, shoulder pain, neck pain, as well as working with musicians, actors, educators and sports workers at a high level.

## **Patrick Gruner**

Patrick Gruner has been the Director of the Feldenkrais Training Institute in Germany since 1993.

He is a trainer of the Fidenkis method and has worked as a mentor in professional training programs across Europe.

Patrick is a member of the Feldenkrais Association (FVD) on the professional development of the Feldenkrais Method in Germany, and was instrumental in the establishment of the Feldenkrais Training and Certification Committee in Germany (GermanTAB).

He is the director of education in Berlin, Frankfurt and Munich.

## **Stephen Rosenholtz**

Dr. Stephen Rosenholtz received a master's degree in education from Harvard University in 1971 and a doctorate in education from Stanford University in 1981.

Stephen has been trained under the personal guidance of Moshe Feldenkrais, guided seven Feldenkrais trainings in Mexico, Europe and the United States, and provided training courses for practitioners around the world. Dr. Stephen has a lifelong interest in teaching and the relationship between multiple ability development and self-image.

Stephen is also the creator of the music development sports programs "Moving Like an Animal" and "Monkey's Action", which is based on ATM motion awareness courses.

## **Stephanie Spink**

Stephanie Spink is well known for her clear and practical teaching style and was appointed as a Feldenkrais trainer in 2010.

After graduating in 1977, she became a Physiotherapist. In 1982, out of curiosity to improve her health and understand human functions, she began to explore the Feldenkrais Method.

She has taught in projects in Australia, New Zealand, Japan, China, South America and Europe. Stephanie currently lives in Melbourne, Australia, and runs a private clinic.