

**ATTACHMENT A**

**A RESOLUTION APPROVING A REQUEST BY MOVEMENT EDUCATORS  
TO USE SPACE IN THE  
CARRBORO CENTURY CENTER HALL  
Resolution No. 80/2001-02**

WHEREAS, the Carrboro Century Center opened for public use in April 2001; and

WHEREAS, the Century Center will provide space for art classes, dance, theater, concerts, and many other artistic and cultural endeavors; and

WHEREAS, a set of guidelines for reservation of the Center has been approved; and

WHEREAS, the Carrboro Century Center is expected to meet the needs of the entire community and it is recognized that some requests will not effectively fit approved guidelines, but still warrants consideration as a special request and considered on an individual basis.

NOW, THEREFORE, THE BOARD OF ALDERMEN RESOLVE THE FOLLOWING:

- Section 1. That the Board of Aldermen has received the request from Movement Educators for a Feldenkrais Professional Training Program scheduled for times beginning in 2003 and ending in 2006 as defined in Attachment B.
- Section 2. The Board considers that Movement Educators' request meets several expectations in the initial investment of the center.
- Section 3. That this request be approved as a one-time, special request.



**Movement Educators**  
Systems therapy approach  
to movement education

**Feldenkrais  
Method®**

Diana Razumny  
Feldenkrais Practitioner  
Assistant Trainer

Efrem Razumny  
Dance/Movement Therapist  
Feldenkrais Practitioner

Mailing Address:  
HCR 62 Box 663D  
Apache Creek, NM 87830

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website: [www.movement-educators.com](http://www.movement-educators.com)

December 24, 2001

Town of Carrboro Parks and Recreation Commission  
100 N. Greensboro St.  
Carrboro, NC 27510

RE: Revised request for a special use of the Carrboro Century Center Community Hall/Proposal for rental by Movement Educators for the one-time event North Carolina *Feldenkrais®* Professional Training Program.

Attention: Richard Kinney

Movement Educators is organizing a *Feldenkrais®* Professional Training Program in North Carolina. The community hall at the Carrboro Century Center was highly recommended as a venue site for our training. We visited and were very pleased with the size and quality of the space as well as the location in downtown Carrboro with access to shopping, restaurants and parking. We submitted a proposal that was discussed at the December 2001 Board meeting. Sincere thanks to the Parks and Recreation Commission and to the sub-committee for the thoughtful review of our request and the opportunity to rework our proposal. Considering the needs and regulations of the Carrboro Parks and Recreation Commission we are hereby submitting a revised proposal. The main changes are listed here and incorporated in the revised proposal in the following pages. We are also adding a section with information about the *Feldenkrais Guild®* regulations for training programs detailing our constraints.

Changes from original proposal:

- 1) We agree to follow Century Center guideline and conduct our training from 10am to 5pm Monday thru Friday. We are still flexible for adjusting that schedule to allow for special events when the Center must have the community hall.
- 2) We readily and fully agree to pay for the 7 hours requested per day at the full market value of \$233.33 per day bringing the total for the training to \$37,332.80.
- 3) We agree to not use the Century Center for storage and find storage elsewhere.
- 4) We have changed our year 4, segment 2 schedule so as to finish on June 9, 2006 to allow for summer programs already scheduled.
- 5) We also acknowledge that due to unforeseen circumstances the Carrboro Century Center might have to cancel this contract before the conclusion of the training.

We appreciate your consideration of our proposal and look forward to working with you.

Sincerely,

*Efrem Razumny*

Efrem Razumny  
Organizer

*Diana Razumny*

Diana Razumny  
Assistant Trainer

Attachments: 1) revised proposal for rental of Community Hall; 2) updated schedule  
Attachments to original proposal: 1) letter from local/regional practitioners & clients in support of the training; 2) letters from local business people; 3) materials about the *Feldenkrais Method®*; 4) letter of recommendation from the College of Santa Fe



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## North Carolina Feldenkrais® Professional Training Program Schedule/Revised 12/24/01

### Year 1 - 2003

- Segment 1 - week 1 - Feb. 17-21, 2003  
week 2 - Feb. 24-28, 2003  
Segment 2 - week 1 - May 19-23, 2003  
week 2 - May 26-30, 2003  
week 3 - June 2-6, 2003  
Segment 3 - week 1 - Nov. 3-7, 2003  
week 2 - Nov. 10-14, 2003  
week 3 - Nov. 17-21, 2003

### Year 2 - 2004

- Segment 1 - week 1 - Feb 23-27, 2004  
week 2 - March 1-5, 2004  
Segment 2 - week 1 - May 24-28, 2004  
week 2 - May 31-June 4, 2004  
week 3 - June 7-11, 2004  
Segment 3 - week 1 - Nov 1-5, 2004  
week 2 - Nov 8-12, 2004  
week 3 - Nov 15-19, 2004

### Year 3 - 2005

- Segment 1 - week 1 - Feb 28-March 4, 2005  
week 2 - March 7-11, 2005  
Segment 2 - week 1 - May 23-27, 2005  
week 2 - May 30-June 3, 2005  
week 3 - June 6-10, 2005  
Segment 3 - week 1 - October 31-Nov 4, 2005  
week 2 - Nov 7-11, 2005  
week 3 - Nov 14-18, 2005

### Year 4 - 2006

- Segment 1 - week 1 - Feb 27-March 3, 2006  
week 2 - March 6-10, 2006  
Segment 2 - week 1 - May 22-26, 2006  
week 2 - May 29-June 2, 2006  
week 3 - June 5-9, 2006  
Segment 3 - week 1 - Nov 13-17, 2006  
week 2 - Nov 20-24, 2006  
week 3 - Nov 27-Dec 1, 2006

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website: www.movement-educators.com

December 24, 2001

TO: Town of Carrboro Parks and Recreation Commission  
Attention: Richard Kinney

FROM: Movement Educators

RE: Revised request for a special use of the Carrboro Century Center Community Hall/Proposal for rental by Movement Educators for the one-time event North Carolina *Feldenkrais*® Professional Training Program.

**PURPOSE:** This would be the site for the North Carolina *Feldenkrais*® Professional Training Program. Please see enclosed materials describing the *Feldenkrais Method*®. We, as well as local practitioners, are available to talk with you more about the history, function and applications of the *Feldenkrais Method*®. Please also visit our website [www.movement-educators.com](http://www.movement-educators.com)

**SCHEDULE:** *Feldenkrais*® Professional Training Programs meet for 8 weeks a year for 4 years for a total of 32 weeks. These consist of 5 days per week. For the North Carolina training we are proposing to have our weekly schedule as follows to conform to your scheduling: Monday-Friday 10am-5pm.

We realize that our request is unusual for most venues due to the length of our training programs. Please review the regulations for *Feldenkrais*® Professional Training Programs outlined in the *Feldenkrais Guild*® section. In the past the training programs have been conducted in churches and community centers due to the fact that we meet during weekdays, leaving the evenings and weekends open for regularly scheduled activities and rentals. We believe this match can also work with the Carrboro Century Center.

**COST:** At the full market value of \$233.33 per day for 7 hours at the weekly day use, Movement Educators would be paying \$37,332.80 for the rental of the Community Hall over the 4 years. We understand there may be increases over the 4 years of the training.

**BENEFITS to local community:** We expect a class size between 40 and 60 students. Approximately half will be regional and need housing in the area. Almost all will be eating lunch and shopping near the center. During the 4 years of the training there will be opportunities to include the community. During year 4, for instance, there will be clinics where the public can receive free *Feldenkrais*® *Functional Integration*® Lessons. Also, we are available to include the town of Carrboro in our advertising and add a link to our website, [www.movement-educators.com](http://www.movement-educators.com), to the town website, with the approval of the Commission and the Town.

**INSURANCE:** We carry insurance for our trainings and will add on the Century Center to that policy. We also acknowledge that due to unforeseen circumstances the Carrboro Century Center might have to cancel this contract before the conclusion of the training.

**PROFESSIONAL EXPERIENCE:** At present Movement Educators is conducting two *Feldenkrais® Professional Training Programs*. One is in Santa Fe, New Mexico and the other in Santa Barbara, California. We have organized and conducted workshops throughout the United States and Europe for the last seven years.

**SPECIAL NEEDS AND ISSUES** to be discussed. We are very flexible on the following issues.

1) Schedule - If during the four years there is a day or evening event that conflicts with our use of the hall, please do not let that be a deciding factor on the merits of this proposal. We have flexibility in our daily schedule.

5) Deposit - We are willing to make whatever deposit you feel is appropriate to express our commitment.

### **FELDENKRAIS GUILD®**

Worldwide there are three Training Accreditation boards (TABs) overseeing the administrative and educational standards of Feldenkrais Method practitioner training programs. They are known as the Australian TAB (AusTAB), the European TAB (EuroTAB), and the North American TAB (NATAB). The NATAB works on behalf of the Board of directors of FGNA (Feldenkrais Guild of North America). The educational standards that guide training programs and help protect the interests of students, consist of a set of policies that have been developed over the past 15 years through a process of consensus that has included every segment of our community, including practitioners, assistant trainers, trainers, and the various members of the International Feldenkrais Federation.

The international training policy states that a training program should take place over a minimum of 800 hours, meeting for at least 160 days over a minimum of 36 months. As organizers, Movement Educators must submit to the Guild a training application to obtain certification. Amongst many other requirements, we must specify the location of the training, the exact dates of all of the 160 days of the training and produce letters from the trainers that have agreed to teach on those days. We pay accreditation fees to the guild and well as dues for each student. We have compliance forms that are submitted each year. And, as with any profession, we must follow a written code of ethics and fulfill all the requirements of producing professionals in a health-related field.

The Guild policy states that the Educational Director must be present 50% of the time, though someone from the educational staff must be present throughout 100% of the program. The policy places a high value on staff continuity and the direct relationships between teachers and students. Dennis Leri, from California, is our educational director and will be present approximately 80% of the time. Diana Razumny, our continuity Assistant Trainer from New Mexico, will be present 100% of the time. Efrem Razumny, our Administrative Director from New Mexico, will also be present 100% of the time to make sure the program runs smoothly in all aspects.

Policy requires that during the first half of a program the teacher/student ratio be no less than 1:20 and during the second half of the program the ratio be no less than 1:15. Thus, depending on the number of students enrolled in our program, we have to hire extra assistant trainers. There must be a minimum of 4 trainers in a program. With the educational director being one of the trainers there must therefore be a minimum of 3 visiting trainers. We have already scheduled 4 visiting trainers for this training program from Montreal, California, and Maryland.

In actuality, this is a one-time event with the same students attending throughout the 4 years. Although we do have the flexibility to make changes to our schedule during the 4 years, this is quite difficult as we have to reschedule trainers. Making changes during a segment, however, is possible. Hours for those weeks can be adjusted with the trainer and organizer present and available to work with the venue organization.



*Alumni Association - Santa Fe Chapter*

November 25, 2001

Candy Conino  
309 Helmsdale Drive  
Chapel Hill, North Carolina 27514

Re: Feldenkrais Method Movement Educators  
HCR 62 Box 663D  
Apache Creek, NM 87830

Dear Ms. Conino:

We are pleased to make a recommendation for the above-captioned entity based upon our association with the group and its president, Efrem Razumny.

The Alumni Association of the College of Santa Fe first entered into an agreement with the Feldendrais group on February 19, 1999, for the rental of a facility on the campus of the College of Santa Fe, known as "Alumni Hall." The group rents the facility for four weeks twice a year, and we have continued the contractual agreement through the year 2007.

We have enjoyed a satisfactory working relationship with this group, and any differences have been resolved amicably. They have demonstrated respect for the premises and have not made unreasonable requests for needed equipment or space.

Based on the past performance and relationship with Mr. Razumny and his group, we do not hesitate to make a recommendation for the rental of a facility with them. We look forward to continuing our association with them for the duration of the current contract.

Sincerely,

Alumni Association

By: Gene M. Byrnes, Manager  
Alumni Hall

B-5  
COPY

November 12, 2001

Doris Murrell  
Chair, Carrboro Recreation and Parks Commission

Dear Ms. Murrell and Members of the Commission:

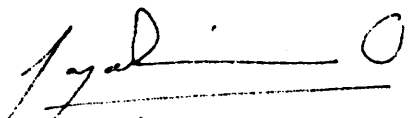
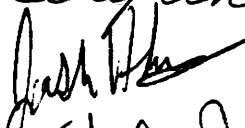
We are writing in support of the proposal to host a *Feldenkrais Professional Training Program* in the Carrboro Century Center. To become practitioners of the *Feldenkrais Method*®, many of us had to travel extensively, spending thousands of dollars and many weeks each year in far away communities. Each of us established enduring ties and deep friendships in those communities, and many of us enjoy regular reunions with those communities.

*The Feldenkrais Method*® is a method of teaching through movement, which, because of its gentle and precise nature, is accessible and helpful to adults and children of all ages and abilities. Hosting a Professional Training in Carrboro will mean that the best teachers in the world will be available to our local folks for several weeks each year. It also means that we, the area's practitioners of this method, will continue to refine the skills that we offer the community, but this time we'll take the trip to Carrboro, rather than the flight to Boston, or to the West Coast. Long term, a *Feldenkrais Professional Training Program* in our area also means that eventually more practitioners of this method will live and work here, helping us reach the critical mass that we so need to maintain thriving practices.

*Feldenkrais* work is fundamentally about teaching people powerful, graceful, thoughtful, and respectful ways to act within their environments. For this reason, a group of *Feldenkrais* students, trainers and practitioners in Carrboro, teaching and learning in the Century Center, will be a delightful experience for everyone involved.  
Thank you for your consideration in this matter.

Respectfully,  
Your Local Practitioners of the *Feldenkrais Method*®

M. Andace Cuneo PT  
Christina A. Hagerberg PT  
Paul J. Hether P.T.C.E.P.  
Joanna Doherty LMST  
Susan Polisky  
Mary B. Cochran

  
Betty Akiba, Ph.D.  
  
John H. Hether, M.D. Psy.  
Diana Griffin PT CHT  
Cheryl S. R. Land

November 12, 2001

Doris Murrell  
Chair, Carrboro Recreation and Parks Commission

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Thank you for your consideration in this matter.

Respectfully,

Your Local Practitioners of the *Feldenkrais Method*®

 (Nancy L. Agnew)

 (Karen M. Dold)



# Balanced Physical Therapy

Brian Beatty, PT  
Marilyn McClain, PT

Doris Murrell  
Chair, Carrboro Parks and Recreation Commission

11/13/2001

Dear Ms. Murrell,

I am the owner of a physical therapy practice that provides services in Carrboro at the A C Fitness gym and at the medical offices of Carrboro Pediatrics and Internal Medicine (Drs, Dodds, Sartor and Annis). I am very pleased to hear that Carrboro is considering renting the Carrboro Century Center space to the Feldenkrais Guild for a Feldenkrais Practitioner training program starting in 2003.

This is a training program that I have wanted to do professionally for many years and will enroll in if it is held in Carrboro. I have had the professional pleasure of working with many therapists who have done Feldenkrais training and am amazed by the positive changes that Feldenkrais Practitioners can assist their clients in achieving.

I have already offered my support to the Feldenkrais Guild and would like to do the same for Carrboro Parks and Recreation Commission. If I can be of service, please let me know.

As an active member within many professional associations I can attest that the Feldenkrais Training program is highly respected within the medical rehabilitation community. I have attended many presentations on Feldenkrais work given to organizations including: the UNC School of Physical Therapy, The Triangle Orthopedic Study Group, The Magic Tortoise Taijiquan School and the North Carolina Physical Therapy Association annual conference.

As you can tell from space requirements for the 4 years of the training, it is an intensive learning experience. Trainings are few and held in select locations (this has prevented me from enrolling so far). Carrboro provides an excellent space with a central walkable community, local food and housing options, wonderful new class space availability and community support for intellectually stimulating experiences. I do hope you consider this request from the Feldenkrais Guild and prestige that hosting a training can bring to Carrboro.

Sincerely,



Brian Beatty, PT  
Owner, Balanced Physical Therapy, LLC

## LOOK OUT CASUAL CLOTHES

754-A Ninth Street, Durham, NC 27705

Phone: (919) 286-2246, Fax: (919) 286-5689

E-mail [offtheground@worldnet.att.net](mailto:offtheground@worldnet.att.net)

To: Ms. Doris Murrell, Chairperson  
Carrboro Recreation and Parks Commission  
Carrboro, NC 27510

Re: Feldenkrais Certification Training Proposal  
Century Center,  
Carrboro, NC

Dear Ms. Murrell and members of the board:

I am the owner of Look Out Casual Clothes located at 118 E. Main Street in Carrboro and a resident of Chapel Hill.

I strongly support making every effort to accommodate the proposed Feldenkrais Training to take place in Carrboro's Century Center.

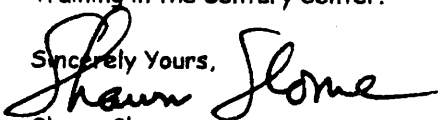
The positive economic impact to Carrboro of the training will be tremendous. Most participants will be from out of town and will need housing. During their stay, they all will eat in Carrboro's restaurants, buy provisions in our grocery stores, stock up on notions, supplies and clothing in our shops and visit our music, art and cultural venues.

The Feldenkrais practitioners and students I have met and associated with (my wife, Candy Conino, happens to be a Feldenkrais practitioner) are for the most part open, gentle, considerate, and thoughtful care givers. I think the presence of the training participants in Carrboro will enrich our personal community as well.

While The Feldenkrais Method is not as widely recognized locally as in other states, the prestige of hosting the first ever North Carolina training in Carrboro will no doubt improve the recognition and identity of Carrboro on a national level. Our community will stand beside other cosmopolitan cities and communities such as Santa Cruz, CA, Santa Fe, NM and Eugene, Oregon that have hosted a Feldenkrais Training.

For economic stimulus in downtown Carrboro, for enriching our community with the presence of a diverse group of care giving educators and students and for putting Carrboro on the national map as a welcoming destination for open minded individuals, I cannot think of a better opportunity for our community than that being presented to host a Feldenkrais Training in the Century Center.

Sincerely Yours,



Shawn Slome  
President

To: Ms. Doris Murrell, Chairperson  
Carrboro Recreation and Parks Commission

November 19, 2001

Dear Ms. Murrell and members of the board:

I am the owner of Tyler's Restaurant and Taproom located at 102 E. Main Street in Carrboro and a resident of Carrboro. It has come to my attention that a request has been made to hold a Feldenkrais training program in the Century Center. I am very much in favor of seeing such a program happen in Carrboro and support every effort that can be made to bring this nationally recognized program to the Century Center.

The potential positive economic impact on the businesses in downtown would be very welcome by myself and other business owners I have spoken with. Since the majority of the participants in this training program will be from out of town they will need everything from housing, to groceries, to clothing. They will buy art from our local artists and souvenirs to carry home with them. They will support local nightlife in our bars, restaurants and music venues.

The Feldenkrais training participants would also act as ambassadors from Carrboro to wherever they return to. If their experience is a warm and positive one they will tell friends about what a wonderful town we live in. They will tell of our eclectic shops, our incredible music scene, our talented local artists and our high quality of restaurants and bars. Hopefully this will encourage other people to come visit our town to discover its treasures on their own. This would again be a welcome source of revenue.

In addition, the prestige of our small town being chosen to host this nationally recognized program can only improve the national identity of Carrboro. The Feldenkrais training program has mainly been hosted by cities much larger than Carrboro and this is our opportunity to begin to move Carrboro into the radar of other organizations that might wish to host events or programs of their own in our town.

As a long time resident and business owner it is my understanding that a major reason for investing so much money in renovating and creating the Century Center was to encourage the prosperity of downtown Carrboro. This training program is the first step in attracting more groups to Carrboro and creating a potential economic windfall for all Carrboro businesses. The Feldenkrais group is the perfect first step because they generally fit the profile of many of the folks that currently live here. They are a diverse group of, well educated, open minded care givers. I honestly cannot think of a good reason for Carrboro not to seize the opportunity to host the Feldenkrais Training in the Century Center.

Cheers,



Tyler Huntington  
President, Huntington's of Carrboro, Inc.

*Helen L. Weinrich  
2104 Markham Drive  
Chapel Hill, N.C. 27514*

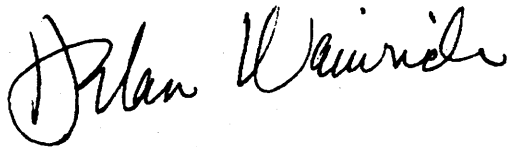
November 17, 2001

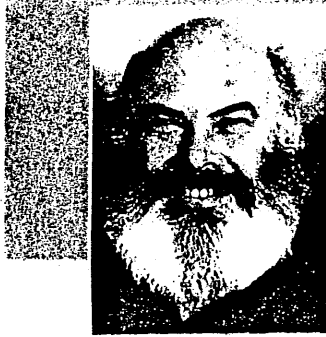
Carrboro Recreation and Parks Commission  
Chair, Doris Murrell  
re: Carrboro Century Center

Dear Ms. Murrell,

I hope very much that a way will be found for the Feldenkrais practitioners training course to schedule space at the Century Center for the full period they need for their program. I have been attending Feldenkrais sessions for many years in various places wherever I lived, and have found them to be very helpful in keeping my body flexible and healthy. The practitioners program is demanding and very time-consuming, and it results in a well-grounded and very capable group of teachers. We are lucky that they want to come to our part of the country. I hope that they find a welcome at Carrboro.

Sincerely yours,

A handwritten signature in cursive script, reading "Helen Weinrich". The signature is written in dark ink and is positioned below the typed name.



# Dr. Andrew Weil's Self Healing

CREATING NATURAL HEALTH FOR YOUR BODY AND MIND

FOCUS ON THERAPY

## The Feldenkrais Method: Moving with Ease

Have you ever watched a baby learn how to crawl, sit, stand, or walk? The Feldenkrais method is based on the premise that we have all forgotten how to move with such natural ease and awareness. By paying close attention to the signals our bodies give us and gently exploring new ways of moving, claim practitioners, we can rediscover the free, effortless sense of movement we had in the first few years of life—and undo many of the aches and pains that plague us as adults who have become literally too set in our ways.

I have long been intrigued by this subtle form of retraining the nervous system, which I currently recommend to patients whose movement has been restricted by injury, cerebral palsy, stroke, fibromyalgia, or chronic pain. (I find it to be much more useful than standard physical therapy.) I also believe that the Feldenkrais method can help older people achieve greater range of motion and flexibility, and help all of us feel more comfortable in our bodies.

### Retraining the Nervous System

Dr. Moshe Feldenkrais (1904-84), a Russian-born physicist, martial arts expert, and mechanical engineer, developed the modality that bears his name to cure his own debilitating injury. As a young man, Feldenkrais moved to Paris to acquire a doctorate in science from the Sorbonne and also worked with Jigaro Kano, the developer of modern judo, to become one of the first Europeans to earn a black belt. When a bus accident around 1940 aggravated an old knee injury and doctors told him he would never walk again without surgery—which offered only a 50 percent chance of success—Feldenkrais decided there must be a better way. Drawing from his background in martial arts, physics and engineering, as well as his observations of children's movements, he used his body as a laboratory, experimenting with minimal motions and carefully noting the results. After months on this practice, he regained full use of his knee and soon began teaching his discoveries to friends.

Feldenkrais believed that most of us go through life using habitual patterns of movement that may be limiting or inefficient. We may have developed these patterns to compensate for past injuries or learned them on the job (through performing repetitive motions or sitting for long periods). Yet, few of us really pay attention to how our bodies move until something hurts. The key to healing, Feldenkrais felt, is learning to be aware of these unconscious patterns of movement and experimenting with new possibilities until you find ways to move with the least effort and strain. Through repetition, your body "learns" these new, more-efficient movements and can program the brain and nervous system to incorporate them into your everyday functioning.

Today, there are more than 1,000 Feldenkrais Method practitioners working in the United States and Canada, leading group classes and offering private sessions to everyone from cab drivers and computer-bound office workers to sufferers of arthritis and multiple sclerosis. It is a popular modality among musicians and athletes (including violinist Yehudi Menuhin, cellist Yo-Yo Ma, and basketball star Julius Erving), who use it to improve coordination and enhance performance, as well as actors who simply want to use their bodies more gracefully.

Last year an interesting German study even found the Feldenkrais Method to be a useful treatment for eating disorders: Compared to a control group, the patients who attended a series of Feldenkrais classes showed increased acceptance of their bodies, decreased feelings of helplessness, and more self-confident behavior.

### A Moving Experience

Feldenkrais work is taught in two different modes: "Awareness Through Movement" group classes use verbal instructions to guide students in deceptively simple floor exercises, using common movements like bending, turning, leaning, and breathing to help each person discover the ways he or she moves most easily. In private "Functional Integration" sessions, the practitioner offers gentle hands-on guidance in performing movements that are tailored to the individual's particular condition.

An initial private session typically lasts 60 minutes and begins with a health history and a "body scan," with the practitioner guiding you in a series of self-observations designed to detect areas of tension or dysfunction. Then the practitioner asks you to lie or sit on a low padded table, fully clothed, and lightly guides you in a fluid series of movements while noting, and avoiding, areas of strain. In working with someone who has arthritic pain in the hands, for example, the practitioner might help the client explore subtle movements involving the hands but which don't stress the affected joints. The client might then be instructed to practice these movements at home until the body "learns" them through repetition.

Because Feldenkrais work is a learning process, most practitioners recommend a minimum of four private sessions, scheduled once or twice a week, in order to affect a sustainable result. Some people with chronic pain or other serious conditions opt for ongoing sessions. Another, less-expensive option is to attend the group classes, which are now being offered in settings from music schools to nursing homes to holistic health centers.

While there is no real substitute for working with a practitioner, I recommend the clearly written book *Awareness Heals: The Feldenkrais Method for Dynamic Health*, by Steven Shafarman (Addison-Wesley, 1997). It includes six basic lessons to help you become more aware of how you sit, walk, and otherwise move.

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Guild Certified Feldenkrais Practitioners must complete 800 to 1,000 hours of training over a three to four-year period, involving both theoretical study and hands-on practice. A professional training will begin April 2000 in Santa Fe, New Mexico. For more information about the training process contact Movement Educators @ 505-533-6933 or visit the website [www.movement-educators.com](http://www.movement-educators.com)