

# FELDENKRAISANTA FE

**FELDENKRAIS® SANTA FE 4**  
THE QUESTEL SANTA FE  
**FELDENKRAIS® TRAINING PROGRAM**  
Educational Director: ALAN QUESTEL

**STARTING AUGUST 2020**  
Santa Fe, New Mexico

FOR INFORMATION, APPLICATION  
& COURSE GUIDE VISIT:  
[WWW.FELDENKRAISINSANTAFE.COM](http://WWW.FELDENKRAISINSANTAFE.COM)

A circular inset image showing a person lying on their back on a blue mat, performing a Feldenkrais exercise. Their arms are raised, and they appear to be in a state of focused movement or relaxation.

**PLEASE NOTE PROGRAM NOW BEGINS**  
**AUGUST 2021**

**THE *FELDENKRAIS*® PROFESSIONAL**  
**TRAINING IN SANTA FE**  
**COURSE GUIDE**

A letter from Alan

Training Logistics

Training Curriculum

The Team – Faculty and Staff

# FELDENKRAISANTA FE

## A LETTER FROM ALAN

If you are interested in...

**...learning...moving...discovering yourself...helping others ...improving the quality of your life...becoming more creativity...finding a new profession realizing...your dreams...**

.... Whoever you are...whatever your dreams are...you will find new and creative means to personal and professional development through The Feldenkrais® Professional Training in Santa Fe.

I have been training practitioners worldwide in over 40 trainings since 1994 and have come to realize that there are four fundamentally important elements necessary for you to learn the Feldenkrais Method®....

...First is your learning environment. One where you are free to discover, feel safe, make mistakes, not know everything beforehand and free to learn at your own pace.

...Second is the development of your confidence and self-reliance towards your competence and proficient skills to teach the Feldenkrais Method®.

The third and fourth are intertwined ...your personal and professional development. One informs and feeds the other throughout your training, to serve as the means for your continued development years after you graduate as a Feldenkrais® Practitioner.

I am interested and committed in providing you with a training that fulfills all of these elements in a way that is personal for you! Training programs have continued to evolve and improve since Dr. Feldenkrais' early programs. Enhanced by innovations in learning, understanding what makes a more effective Feldenkrais® Practitioner and access to a much broader diversity of materials. Your training will be both the culmination and the continued development of this process.

The design of the program continues the tradition begun by Dr. Moshe Feldenkrais utilizing the materials he created: lessons, videotapes, articles and books so you may develop a personal sense of who Moshe Feldenkrais was and how he worked.

## **IN ADDITION THE FELDENKRAIS® PROFESSIONAL TRAINING IN SANTA FE GIVES YOU MORE...**

- Exceeds the number of required training hours
- Provides additional private lessons (beyond international training accreditation)

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policies).

- Offers more supervised/feedback teaching opportunities in both class (ATM) and private work (FI).
- Includes personal supervisions where you receive feedback directly from working with the staff.
- Access to DVD and MP3 recordings of the entire training.

The training faculty is comprised of highly prominent and distinguished trainers who collectively bring decades of experience. Together we will help you will cultivate the keen observation, refined sensitivity, and new ways of thinking essential to practicing the method.

Most important, you can always feel free to contact me, now and throughout the training. I am here to directly answer your questions, concerns or issues and I will personally get right back to you.

I invite you to read this Course Guide and consider whether a FELDENKRAIS® Professional Training in Santa Fe is the right path for you.

Looking forward to hearing from you,



Alan Questel

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## THE TRAINING LOGISTICS

**The Feldenkrais® Professional Training in Santa Fe will prepare you for an exciting new career as well as the chance to develop yourself personally.**

### **4 YEAR PROGRAM WILL BEGIN:**

- August 2021
- With two 4 week segments per year:

-One in August/September - One in March/April - Each year through 2025

The program follows international guidelines and is accredited by the North American Training and Accreditation Board (NATAB) and approved by the Feldenkrais Guild of North America (FGNA).

Upon successful completion of the program, graduates will be eligible for certification and membership in the Feldenkrais Guild® of North America, or any other Feldenkrais Guild worldwide.

- After completing the first two years of the program you are authorized to teach Awareness Through Movement® lessons....
- Upon successful graduation from the full course you will be certified to teach individual Functional Integration® lessons.

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## INTERNATIONAL ACCREDITATION\*

The Feldenkrais® Professional Training in Santa Fe follows accreditation policies set up through the North American Training Accreditation Board (NATAB), European Training Accreditation Board (EUROTAB) and the Australian Training Accreditation Board (AUSTAB).

Policies dictate the number of hours of training (800 hours over 4 years), student teacher ratios, who can teach (accredited Trainers and Assistant Trainers), content, evaluation procedures and graduation requirements. Graduates from professional trainings are able to practice in all countries recognizing these professional standards.

\*Accredited by Feldenkrais Guild® of North America ("FGNA"):  
<http://www.feldenkrais.com/intern-training-guideline>

## STATE LICENSING AND AUTHORIZATION

Feldenkrais in Santa Fe LLC is licensed and authorized by the New Mexico Higher Education Department (NMHED)

The New Mexico Higher Education Department Private Post-Secondary Schools Procedure for Resolution of Student Complaints can be seen at:  
<http://www.feldenkraisinsantafe.com/files/downloads/new-mexico-higher-education-department-complaints-process.pdf>

This program is not accredited by a United States department of education recognized accreditor.

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## SCHEDULE / PROGRAM DATES AND FEES\*

The training will meet Monday through Thursdays from 9:00 am to 4:00 pm and Fridays from 9:00 am to 1:00 pm, for twenty-six hours of instruction per week.

We expect to be able to adhere to this schedule, but there may be changes due to the availability of facilities. Whenever possible, trainees will be notified 45 days in advance.

\*Training programs are subject to cancellation with 30 days advance notice due to insufficient enrollment, teacher availability, and/or location availability.

### NEW DATES FOR THE FELDENKRAIS PROFESSIONAL TRAINING IN SANTA FE

#### YEAR - 2021-2022

##### SEGMENT 1

**August 9th - Sept 3, 2021**

August 9-20, 2021  
Trainer: Alan Questel

August 23rd Sept 3rd, 2021  
Trainer: Deborah Bowes

##### SEGMENT 2

**April 4th-29th, 2022**

April 4th-15th, 2022  
Trainer: Katrin Smithback

April 18th-29th, 2022  
Trainer: Alan Questel

#### YEAR 2 - 2022-2023

##### SEGMENT 3

**August 8th-Sept 2nd, 2022**

August 8th-19th, 2022  
Trainer: Deborah Bowes

Aug 22nd-Sept 2nd, 2022  
Trainer: Alan Questel

##### SEGMENT 4

**April 3rd-28th, 2023**

April 3rd-14th, 2023  
Trainer: Alan Questel

April 17th-28th, 2023  
Trainer: Arlyn Zones

#### YEAR 3 - 2023-2024

##### SEGMENT 5

**August 7th-Sept 1st, 2023**

August 7th-18th, 2023  
Trainer: Alan Questel

August 21st-Sept 1st, 2023  
Trainer: Donna Ray

##### SEGMENT 6

**April 1st-26th, 2024**

April 1st-12th, 2024  
Trainer: Alan Questel

April 15th-26th, 2024  
Trainer: Julie Casson-Rubin

#### YEAR 4 - 2024-2025

##### SEGMENT 7

**August 12th-Sept 6th, 2024**

August 12th-23rd, 2024  
Trainer: Alan Questel

August 26th-Sept 6th, 2024  
Trainer: Deborah Bowes

##### SEGMENT 8

**March 31st-April 25th, 2025**

March 31st-April 11th, 2025  
Trainer: Arlyn Zones

April 14th-25th, 2025  
Trainer: Alan Questel

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## FEES

**APPLICATION FEE:** There is a non-refundable application fee of \$75.00, which will be applied towards your tuition upon acceptance.

**DEPOSIT:** There is a \$500.00 deposit upon acceptance to hold you place in the training.

**TUITION FEES:** The tuition fee is \$4,900.00 per year to be paid in two installments per year. Payment plan options will be available if needed through a mutually agreed upon payment plan.

## PAYMENT OPTIONS

**Application fee and deposit payments can be made through Paypal or credit card.** (you do not need a Paypal account to do this)

**Later payments to be made via bank transfer or by check, made out to:**  
Feldenkrais in Santa Fe LLC

**and send it to:**

Feldenkrais in Santa Fe LLC  
13 Reno Road  
Santa Fe, NM 87508

## REFUND POLICY

The Feldenkrais in Santa Fe Feldenkrais Professional Training Program shall refund to any student, all tuition payments for any fullday training sessions of the program which the student has not yet attended (at \$122.50 per day) whether they leave on their own or are asked to leave by the Educational Director.

## CANCELLATION POICY

In the event of scholl closure or if the training is cancelled by the decision of Feldekrais in Santa F LLC you will receive a pr-rated refund of \$122.50 per day.

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## LOCATION & HOUSING

**Santa Fe** A city of diversity and possibilities known for its history and galleries and one of the most visited places in the southwest. For more info go to:

<http://santafe.org/>

**The Venue** SANTA FE CENTER FOR SPIRITUAL LIVING  
505 Camino de Los  
Marquez Santa Fe, NM 87505

**Housing** Since Santa Fe is the destination for so many there are plenty of different housing options available. While we will not provide housing we will do all we can to help you find something 'appropriate for you and your needs.

### **Markets nearby the training**

Trader Joes  
Whole Foods

### **Restaurants nearby the training**

Santa Fe Baking Co Café  
Maria's New Mexican Kitchen  
Marisco's La Playa  
Pyramid Café  
Saigon Cafe



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## THE TRAINING CURRICULUM

### EDUCATIONAL OBJECTIVES

We hope to impart the spirit of Dr. Feldenkrais' curiosity and creativity, a deep interest in how we learn and function, the implications of this in our daily life and in our understanding of the broader issues in our lives and in the lives of others. We hope that all participants in the training (including trainers, assistant trainers, administrators and trainees) will benefit from these learnings.

The graduates of this program will be competent in all aspects of the Feldenkrais Method®. This includes the preparation of trainees for competence in the practice of both Awareness Through Movement® and Functional Integration®. In unique personal ways each trainee should be able to reliably, effectively and enjoyably practice the Feldenkrais Method.®

### Skills You Will Develop

#### During the training you will develop:

- A finer understanding of human function and how movement effects your self-image (thinking feeling and sensing).
- Increased curiosity, creativity, clarity and vitality
- Greater self-awareness and clearer self-expression
- Improved self-esteem, and greater flexibility and a fuller sense of well-being.

#### Upon completion of the training, you will be able to:

- Effectively present Awareness Through Movement® lessons
- Articulate the basic ideas of the method
- Understand the functional similarity of Awareness Through Movement® and Functional Integration®.
- Give appropriate and effective Functional Integration® lessons.
- Be able to think and sense functionally, within the context of the skeleton, the nervous system, the muscular system and the environment.
- Address chronic tension & pain, athletic & artistic performance problems,

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deteriorating function and neurological difficulties.

- Help infants to elders realize innate abilities, learn new skills and recover old ones.

You will have more choices in everything you do. The way you move, the way you communicate, the way you interact with the world.

Participate in this training and reap benefits and rewards beyond your imagination.

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## A SYNOPSIS OF THE FOUR YEAR TRAINING

**The *Feldenkrais*® Professional Training in Santa Fe will prepare you for an exciting new career as well as the chance to develop yourself personally.**

### **Year One**

In the first year, we present the basic tenets of the method. To develop your appreciation of the work from the inside out, you are immersed in Awareness Through Movement® (ATM). Fundamental ideas - from learning theory, physics, kinesiology, anatomy, and neurophysiology - will be introduced through experiential learning. We begin by working on listening - with eyes, ears, and hands - to develop your ability to observe movement and understand the mover. Observing yourself and the other trainees, you will begin to recognize how individuals organize similar movements differently. Interactive exercises will bring you a new appreciation of the experience and expression of the physical self. Functional Integration® (FI) training will introduce the art of making contact and the various ways of touching. Exercises will emphasize developing tactile sensitivity, working with awareness through touch, learning basic skeletal anatomy through experiential exercises, and understanding the principles of movement.

### **Year Two**

In the second year, you develop an understanding of the grammar and syntax of ATM lessons. We review and elaborate on the themes from Year One. Personal experience and discussion will guide you in reflecting upon what constitutes the underlying structure of a lesson. We look in depth at a number of classic ATM lessons. You learn how to give instructions and guide a class, as well as how to relate the lessons to activity in daily life. You will teach lessons to each other while being supervised by teaching staff. At the end of the second year you will be authorized to teach FI to the public on a provisional basis.

The teaching of FI will also be included. You will begin to explore the relationship between ATM and FI, learning to teach the same "classic" themes either verbally or by touch. In order to avoid "recipes" and foster real understanding, the same theme is developed from a number of different angles and with varying constraints. Much of the hands-on work is introduced through guided work in pairs and small groups. You complete the second year understanding fundamental lesson configurations through verbal and hands-on approaches.

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## Year Three

In the third year, you clarify concepts and refine the hands-on skills needed to achieve competency in FI. These skills develop through active learning and problem solving. Self-guided exercises in small groups require you to grapple with questions and solve problems creatively. Both hands-on and group teaching skills will be developed throughout the program. Inquiry into the teaching of ATM continues into the third and fourth year. As you begin to teach ATM outside the program, we will present more complex ATM lessons, and provide forums for questions, discussions, and exercises. Through a supervised internship or project in your own community, you begin to apply what you have learned. You will be giving Functional Integration® lessons to other trainees and working with a client from outside the program. In a private tutorial we work closely with you to identify your areas of need and to develop specific, personalized solutions. This approach is designed to create a safe environment for exploration and learning.

## Year Four

In the fourth year, you will continue to refine and broaden your skills in all aspects of the work. We will introduce more unusual and challenging positions and situations both in the group lessons and in the hands on work. We will continue to explore what constitutes a lesson and to develop your understanding of how it works. You will observe the teachers giving two to three lessons with the same outside person. The ideas behind a series of lessons will be developed. Special attention will be given to the beginning and ending of lessons and interviewing will be presented as a special skill. We will be paying special attention to your ability to articulate and present the work at this stage. To provide as much individualized feedback and attention as possible, we use small groups with increasing frequency and longer duration in the final year. You will work in small groups under the leadership and supervision of a trainer or assistant trainer. During year four you will be supervised giving lessons to the general public.

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## LEARNING STRATEGIES

### ***Awareness Through Movement®***

You will experience many hours of Awareness Through Movement® (ATM) lessons throughout your training. The core of the lessons will be drawn from the trainings that Moshe Feldenkrais conducted and from the classes he taught. You will experience many different types of lessons, including intricate lessons that have an extended and interwoven structure as well as those usually taught to the general public. While they may initially appear different, Awareness Through Movement® and Functional Integration® (FI) are closer than you might imagine, simply two sides of the same coin. We will begin developing basic FI skills through touch right from the start and also will continue to emphasize ATM teaching skills throughout the entire program.

### ***Functional Integration®***

As part of your training experience, you will receive at four individual Functional Integration® (FI) lessons each year from members of the staff and from invited practitioners. Experienced practitioners will usually be present to offer supplementary lessons. Beyond that, you will be given opportunities to observe lessons given during class, lessons given to other students during non-class hours, and video tapes of Moshe Feldenkrais giving lessons.

We begin teaching hands on skills and touching early in the program, emphasizing the development of basic sensing abilities such as "seeing and listening with your hands." You will refine your tactile and kinesthetic acuity in ATM lessons and in small group work. Starting in year three and continuing into year four you will have the chance to work with the public under supervision. Also in the third and fourth years you will also have the chance to practice FI with your teachers in one-on-one tutorials where you will receive individual feedback.

### **Class Discussions**

We will hold regular discussions, both in small groups and with the entire class. These discussions will vary in style from questions and answers, dialogues, open-ended talks, and specific conversations. You will be asked to grapple with difficult questions and to investigate them. To encourage autonomy and competence, there will be opportunities for student-led discussions.

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## **Small group experiences**

Small groups will facilitate the process of learning. Group exercises will include discussions and assigned activities, such as observing a movement or working with each other in specific ways. Small groups will also be used to develop your ability to understand and teach ATM and FI. For example, you will review ATM lessons in class, analyzing and discussing the structure and logic of the lessons. As the training progresses, you will have the opportunity to present short sections of the lessons and develop your presentation skills. We are committed to creating a constructive atmosphere for small groups. The purpose of this setting is to create a place where you and the other students can speak and be heard. In these small groups, you will discuss the training process by reflecting on class events, identifying difficulties, and developing solutions. By drawing on the different skills and backgrounds that the trainees bring, the group will be a place for collaborative interaction and cooperative learning. We want to expand beyond the idea of individual learning in a group to create a process of learning with a group.

## **Lectures**

Trainers, assistant trainers, and guest lecturers will present short talks on the background of the method, on related areas of current knowledge, and on developing and running a practice. You will learn about Moshe Feldenkrais and the historical, philosophical, and scientific basis of his education and experience led to the method. So that you understand how the Feldenkrais Method® differs from prevailing ideas about movement and instruction, you will be introduced to relevant topics in the movement arts and sciences, contemporary education, and philosophy.

## **Supervision**

The educational director, along with the other trainers, will get to know you, work with you individually, and track your progress. By observing how you learn, interact, and practice, we will be able to assess your progress and development. That means that supervision - in the sense of watching and guiding - will be an on going aspect of the program. To facilitate this process, Alan will be available to meet with trainees who want to discuss their learning process. Any subject areas or skills that need work will be identified and addressed to promote our learning. A personal strategy for supplemental study will be mapped, and assignments for focused learning between segments formulated.

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## **Between segment guidelines**

The training is designed to facilitate your continuous, incremental learning. This includes making sure that the intervals between training segments are well utilized. To that end, we encourage you to take ATM classes or workshops offered by your local practitioners during the interim periods. In this way, you can learn about styles of teaching and begin to interact with future colleagues. For the same reasons, we also suggest that you receive at least a few series of FI lessons between segments.

To deepen your understanding of the method and to strengthen your ability to express that understanding, we will ask you to read specific texts and give you writing tasks between segments. For example, during the second year, we will ask you to write an outline for a talk to the public; these outlines will then be used in small groups for discussion and suggestions.

To support your ongoing learning, we have the intention to record the training program. And make it available to you either for free or for the cost of duplication (DVDs only-MP3 recordings will be given to you for free). To help keep in touch with each other and with the learning process, we will ask you to participate in regular study group meetings with other trainees from the program. We will assign different tasks and exercises for you to do in your study. During the second half of the third year and the first half of the fourth year, you will do an internship or community-based project. You will be asked to apply what you've learned about teaching ATM for the benefit of a specific group in the community with the guidance of a local practitioner.

## **Evaluation Process**

Our emphasis is on personalized training, in which you will have on going contact with the teaching staff.

Supervision and feedback are inherent in the training process. Your progress and learning will be closely followed, supported, and guided throughout the four years.

Our personalized approach, and emphasis on small group learning, enables us to monitor your progress through the training in a collaborative and supportive fashion. Thus, we can identify your areas of need, develop a plan of action, and follow up over the course of the program.

In the same way you will have the chance in each segment to evaluate your experience of the training, teachers and staff as well as your own impression of your learning and development.

We expect trainees to exhibit professional behavior throughout the training. However, should this not occur, we will address the matter immediately and

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seek a positive solution.

## **Graduation**

Graduation from The Feldenkrais® Professional Training in Santa Fe means you are qualified to practice as a Feldenkrais practitioner.

As a graduate you will be eligible to apply for membership in The Feldenkrais Guild® of North America (FGNA). This will give you the rights to use the service marks the FGNA now own that protect the Feldenkrais Method® in the community. Certification is entirely the responsibility of the graduate.

You will receive a certificate of Graduation that is recognized by all Guilds who are members of the International Feldenkrais Federation.

Graduation is complete only after all monies have been paid in full.

To graduate from The Feldenkrais® Professional Training in Santa Fe you will be required to: Demonstrate, in-class, the ability to teach Awareness Through Movement® and give Functional Integration® lessons to a professional standard; and attend fully throughout all the segments.

Any student missing more than 5 (five) training days per year or more than a total of 10 (ten) days over the course of the entire four years will be required to make up lost time before being eligible for graduation. Tuition will not be reimbursed for missed days. Should you miss more than the maximum allowed number of class days, special arrangements must be made with the Educational Director to make up class time in another training program. This may incur additional costs,

The Educational Director reserves the right to ask any student to receive further training before being considered for graduation.



# FELDENKRAISANTA FE

## THE TEAM - FACULTY & STAFF

The faculty of The *Feldenkrais*® Professional Training in Santa Fe consists of the some of the best accredited *Feldenkrais*® trainers in the world. Alan Questel is the lead trainer and Educational Director.

The other trainers include Deborah Bowes, Arlyn Zones, Katrin Smithback, Donna Ray and Julie Casson-Rubin. Working in conjunction with the Educational Director, trainers participate in the design of the program, lead each segment, and coordinate the assistant trainers working with them.

Experienced *Feldenkrais* practitioners from the USA will be part of the teaching staff.

Working as a team, the staff will teach *Awareness Through Movement*® lessons, give *Functional Integration*® lessons and demonstrations, lead discussions, and direct small groups. The trainers do the majority of the teaching.

To insure continuity Alan will be present throughout the entire program.

The international training accreditation guidelines require that we maintain a student to teacher ratio of 20-to-1 for the first two years and of 15-to-1 for the final two years.

To insure that you receive individual attention, we are committed to meeting, or exceeding, this requirement in every segment.

The North American, Australian and European Training Accreditation guidelines establish strict criteria that must be met by those who want to be trainers and assistant trainers. The guidelines require that a trainer have at least ten years active professional experience, have assisted through a minimum of four complete years of training, and receive the support of the established body of trainers. An assistant trainer must have at least five years professional experience and demonstrate proficiency in the practice of the method.

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## EDUCATIONAL DIRECTOR

**ALAN S. QUESTEL, GCFT\***

**Santa Fe, NM USA**

Alan, as the Educational Director and lead Trainer of The Feldenkrais® Professional Training in Santa Fe, is responsible for the pedagogic integrity of the training program. He will develop the curriculum, manage the educational staff and maintain an overview of each trainee's learning.

Alan S. Questel is known for his clarity, creativity and down to earth style of teaching. He brings a depth of understanding, humor and a gentle human perspective to the learning of the Method and creates lively conditions for learning.

Trained by Dr. Feldenkrais (Amherst 1983), Alan has lectured and taught at hospitals, colleges and FELDENKRAIS® Professional Training Programs throughout the U.S., Mexico, Australia, New Zealand, France, Italy, Sweden, Norway, Japan, Canada and Colombia teaching people from all walks of life.

He has taught at Princeton University, S.U.N.Y. College at Purchase, the New York Open Center, the New Actors Workshop, NYC, The Institute for Transpersonal Psychology, Palo Alto, CA and at Mother Teresa's Shishu Bhavan in Calcutta, India.

An actor before becoming interested in the FELDENKRAIS METHOD®, Alan worked and toured with Jerzy Grotowski (My Dinner With Andre) and Paul Sills (Second City, Chicago and Story Theatre).

He became an Assistant Trainer in 1986 and earned his accreditation as a Trainer in 1994. He has taught in over 40 FELDENKRAIS® Professional Training Programs in worldwide.

One of his great interests is the embodiment of creativity and he has developed a body of work for performers utilizing the *FELDENKRAIS METHOD®*. Alan sees the *FELDENKRAIS METHOD®* as a means for individual maturation, and aspires towards making this appreciable and concrete for his students both in training programs and in his practice.

Alan has directed and co-directed 15 training programs in Bronxville, New York; Marin and Sonoma Counties, California; Brisbane, Adelaide, Melbourne and Perth, Australia; Phoenix, Arizona; Malmo, Sweden; Santa Fe, New Mexico and Cali, Colombia.

Alan is also the creator of the DVD program 'Pregnant Pauses-Movement for Moms' and has produced 12 CD sets of public workshops in the FELDENKRAIS METHOD®. He makes his home in Santa Fe, New Mexico.

\*GCFT/T-Guild Certified FELDENKRAIS® PractitionerCM and Trainer

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## TRAINERS

### **DEBORAH BOWES, GCFT\*, PT San Francisco, CA USA**

Deborah Bowes is a Feldenkrais Trainer and a Physical Therapist. She's a graduate of Columbia University in Physical Therapy, has a Doctorate in Physical Therapy from Shenandoah University, and a B.S. in Biology and Physical Education from Rhode Island College. Other related in depth studies and practice include Tai Chi Chuan, Chi Kung, yoga, sensory awareness, meditation, and dance.

She co-founded the Feldenkrais® Center for Movement Education in San Francisco in 1988, and for the past 25 years, has offered Feldenkrais Method® classes, workshops and individualized lessons to adults and children, as well as mentorship for Feldenkrais® practitioners. Her presentations and in-service trainings include diverse groups such as the American Physical Therapy Association, Worker's Compensation Nurses and Case Managers, UCSF Medical Students, Kaiser Dermatology Department, Catholic Social Services, Sonoma Valley Hospital, UC Davis Pain Management Conference, Buen Dia Family School, Pacific Association of Women Martial Artists, and St. Francis Hospital Women Physicians group.

She has authored and recorded specialized Feldenkrais® Awareness Through Movement® programs addressing chronic pain and pelvic floor issues. She is interested in the application of Feldenkrais Method® to improve overall health and well-being in both the practitioner and client. She is currently working at Stanford Hospital working with people with complex and persistent medical conditions, as well as in her private practice.

\*GCFT/T-Guild Certified FELDENKRAIS® PractitionerCM and Trainer

### **ARLYN ZONES, GCFT\*, MA (Theatre Arts) San Francisco, CA USA**

Arlyn Zones (MA Theatre Arts) has been involved in the Feldenkrais Method® since 1977 and graduated in 1983 from the last training that Dr. Moshe Feldenkrais conducted. She is one of the most experienced Trainers in the U.S. and has taught in numerous trainings worldwide. She has directed her own programs in Europe and North America. In addition, over the last 30 years Arlyn has taught workshops for health professionals, performing artists, and the general public as well as offering post graduate seminars for Feldenkrais® Practitioners. She lives in San Francisco where she maintains a private practice in which she works with infants, children and adults who are seeking help for a wide range of physical and neurological difficulties.

\*GCFT/T-Guild Certified FELDENKRAIS® PractitionerCM and Trainer

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# FELDENKRAISANTA FE

## **KATRIN SMITHBACK, GCFT\* Santa Fe, NM USA**

Katrin Smithback began her studies with Moshe Feldenkrais in 1980 and has had a continuous private practice in Santa Fe, New Mexico since then. As a faculty member at the College of Santa Fe for 17 years, she taught applied movement in the theater, dance, music and physical education departments. She was also an instructor at the NM Academy of Healing Arts for eight years, teaching the movement principles/body mechanics portion of the massage therapy program. She teaches workshops and classes for a wide variety of groups, including athletes, performers, the disabled, therapists, the elderly, and the general public. She also leads study groups, mentoring programs and advanced trainings for trainees and practitioners and is the Editor of the Feldenkrais Journal. She is presently the Educational Director of training programs in Japan and Argentina and teaches in professional training programs in the US, Canada, South America, Asia and Europe.

\*GCFP/T-Guild Certified FELDENKRAIS® PractitionerCM and Trainer

## **DONNA RAY, M.A., M.F.T., GCFT\* San Diego, CA USA**

Donna Ray is an internationally known Teacher/Trainer and Educational Director of The Feldenkrais Method, Psychotherapist and Interpersonal Neurobiology presenter. She imparts knowledge and experience from her 30 years of practice with tremendous vitality and insight. She has worked with creative and talented people at the highest level including; professional athletes, singers, musicians and actors. People of all ages recovering from accidents and illness, anxiety & depression benefit from her unique approach. Donna's background in psychology, hypnotherapy, dance, martial & expressive arts enables her to work with individuals, couples, families and groups in a variety of settings. She loves seeing people learn healthy ways of living that can transform their lives.

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## **JULIE CASSON-RUBIN, GCFT\* San Francisco, CA USA**

Julie Casson-Rubin trained directly with Dr. Moshé Feldenkrais graduating from his first North American training. For the past 35 years, Julie has kept a full private practice in San Francisco while also teaching in Feldenkrais® teacher training programs, continuing education courses for health providers and educators including practicing Feldenkrais® Teachers. Julie has been coeducational director of all ISSE training programs in the U.S., Australia and Europe. Julie was instrumental in bringing the Method into use at the San Francisco General Hospital, University of California, San Francisco in its pioneering Behavioral Medicine Clinic beginning in 1979 and in Health Education programs at Kaiser Permanente in the early 1990's.

Julie took her degree in Dance & Physical Education from San Francisco State University. She and her husband Paul Rubin are the parents of four young adults

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13 RENO ROAD  
SANTA FE, NM 87508  
505-466-3132

[INFO@FELDENKRAISINSANTAFE.COM](mailto:INFO@FELDENKRAISINSANTAFE.COM)  
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## Additional New Mexico Higher Education Department Private Post-Secondary Schools Criteria and Requirements

- admission policies and procedures that provide criteria and methods used to assess and admit or deny admission

As we are hoping for a diverse student body from many professions, ages and backgrounds. Specific prerequisites for entry are simply some prior experience with the *Feldenkrais Method*®.

- admission methods and criteria used to assess student ability to complete program requirement

When we receive your application it will be reviewed and you will be notified within 30 days.

We are committed to accepting people into The *Feldenkrais*® Professional Training in Santa Fe regardless of race, gender, religion, physical limitation, age, or sexual orientation.

Once you are accepted into the program, you will receive orientation information and a trainee enrollment agreement and health form. The agreement specifies your rights and responsibilities as a participant in the program.

Evaluation of students during the training will be done through meetings with the Educational Team.

- programs offered, the program completion requirements of each program offered, and descriptions of all courses offered

Training to become a practitioner in the *Feldenkrais Method*®, *teacher of Awareness Through Movement*® and *Functional Integration*®. Full course description at: <http://feldenkraisinsantafe.com/other-training-page/> .

- requirements and costs for those occupations that require professional or trade licensure and for which the institution is offering preparation

Membership in the *Feldenkrais Guild of North America*-\$20 to \$425 per year depending on type of membership. Go to: <https://www.feldenkraisguild.com/rates> .

- tuition, fees, books and supplies, including cost for rental or purchase of equipment or materials required of all students

Tuition is \$4900.00 per year. Purchase of books, tables and other equipment is optional.

- room, board and transportation expenses incurred by a student

These are expenses vary and are the responsibility of each student.

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- reasonable costs associated with a program of study abroad approved for credit by a student's home institution, if applicable

N/A

- expenses related to a student's disability, including special services, personal assistance, transportation, equipment and supplies

These are expenses vary and are the responsibility of each student.

- refund policies

The Feldenkrais in Santa Fe Feldenkrais Professional Training Program shall refund to any student, all tuition payments for any full-day training sessions of the program which the student has not yet attended (at \$122.50 per day) whether they leave on their own or are asked to leave by the Educational Director.

- types of financial aid available to students and the procedure for applying for such aid

A trainee can request financial assistance through writing. Any amount given is dependent on the number of participants in the program to determine how much funds are available. No other forms of financial aid are available.

- the institution's policy regarding program or course cancellations

Training programs are subject to cancellation with 30 days advance notice due to insufficient enrollment, teacher availability, and/or location availability.

- rules and regulations pertaining to academic progress

Evaluation of students during the training will be done through meetings with the Educational Team. Trainees will have the chance in each segment to evaluate their experience of the training, teachers and staff as well as their own impression of their learning and development.

- rules and regulations pertaining to student conduct

We expect trainees to exhibit professional behavior throughout the training. However, should this not occur, we will address the matter immediately and seek a positive solution.

- the procedure to be followed in the instance that a student decides to withdraw from the institution prior to completing a program

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own or are asked to leave by the Educational Director. If a student leaves and is in good educational and financial standing they may transfer to another Feldenkrais Professional Training Program of their choice.

- the institution's policy regarding student complaints and the resources available to students for resolving differences with the institution. The institution must adopt the student complaint process established by the department and published by the department

All complaints will first be dealt with internally meeting with the educational staff. If that can't be resolved they can contact the Ethics Committee of the Feldenkrais Guild of North America at: [Ethics@feldenkraisguild.com](mailto:Ethics@feldenkraisguild.com) to seek a solution. In addition they may contact the NM Higher Department of Education at: <https://hed.state.nm.us/students-parents/student-complaints>

- requirement that students or other parties with complaints or grievances against an institution first seek to resolve their complaint or grievance directly with the institution

All complaints will first be dealt with internally meeting with the educational staff

- a time frame within which the institution will investigate the complaint and respond to the complainant;

All complaints will be dealt with internally immediately. Time frames with other bodies will be determined by that bodies response.

- assurance of the involvement of a person who will serve as an impartial representative of the institution but not be directly involved in the area of the complaint;

Staff who are not involved will serve as an impartial representative in any resolution procedures. If necessary an outside (non-staff) person will be involved

- assurance that no adverse action will be taken against the complainant for registering the complain

No actions will be taken against the complainant for registering a complaint

- identification of the higher education department as the agency to be contacted in cases where a complaint cannot be resolved.

The Feldenkrais Guild of North America Ethics Committee and the NM Department of Higher Education will be the parties for further resolution of any disputes

- the institution's policy regarding release of transcripts

Traditional transcripts are not kept as there are no grades. Records of attendance as well as evaluation forms that they have completed. Transfer documents to other programs only require the number of days completed, what segments, with which teachers and how many private sessions a trainee has received.

- Satisfaction of graduates (submit relevant surveys and assessments) prepared during the past 2 years

Students have the opportunity to fill out evaluation forms two times a year. Content includes self-evaluation, staff, content and administrative evaluation.

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- Documentations how to keep courses current

Courses submit compliance forms yearly to the Feldenkrais Guild of North America

- Documentations how to improve quality and rigor of teaching method of faculty

Staff meetings are held regularly throughout the entire course discussing content, improvements and feedback

- Documentations on the institution ability to switch to an online educational platform within New Mexico during an emergency or pandemic.

At the present we do not plan to switch to an online platform as it does not provide the necessary structure for learning

- Details of equipment and facilities utilized by a program

Feldenkrais in Santa Fe LLC owns sufficient numbers of tables, rollers, pads, stools, sound and video equipment for all trainees. Facilities include sufficient space, storage, toilets and refreshments

- A report that demonstrates that each program is designed to provide training for an occupation that is recognized in New Mexico and that the training provided is sufficient in length and quality to prepare students for immediate employment in the occupation(s) or prepare students to complete licensing assessments

Feldenkrais in Santa Fe LLC fully complies with standards of the Feldenkrais Guild of North America, North American Training Accreditation Board which approves all curriculum to provide professional training in the Feldenkrais Method.

- Upload proof that the institution makes the Student Complaint Procedure available to students.

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