

INFORMATION GUIDE

Guide to the 4-Year Feldenkrais Training

What you need to know about the internationally standardised Feldenkrais professional training in Turkey: the method, programme structure, content year by year, application and frequently asked questions.

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01

What is the Feldenkrais Method?

The Feldenkrais Method is an approach to **somatic education** developed by Dr Moshe Feldenkrais in the 1940s. It treats the body not as an object viewed from outside but as a whole experienced from within; its focus is the nervous system, learning and awareness. The method does not impose a "correct" way to move: by doing a movement in different ways, making it smaller, slower and reversing it, it creates opportunities for comparison. When the brain perceives differences, it spontaneously chooses its own best solution.

ATM®

Awareness Through Movement

Lessons done in a group, on a mat or blanket. The teacher does not demonstrate but describes the movements in words, so attention turns inward to your own sensations rather than outward. Movements are small, slow and within a comfortable range; a typical lesson moves through scanning, exploratory variations, differentiation, integration and a final re-scan.

FI®

Functional Integration

The individual, hands-on counterpart of ATM. The person lies clothed on a low, wide table; the practitioner offers small, slow, clear movements to the skeleton, "listens" to how the nervous system responds and chooses the next step accordingly. Touch is not manipulative; there is no stretching, joint thrusting or applied pressure.

Feldenkrais is not a medical treatment and promises no cure. The method is educational; in medical conditions, work with your doctor.

02

Why 4 years?

A process of transformation

The training is not a transfer of information. To offer others new possibilities of movement you first need to live them in your own nervous system; the body is not "understood" in one sitting like a book, it matures over months and years.

Time to digest

Moshe Feldenkrais deliberately spread his trainings over years. The months between segments are when learning seeps into daily life and deepens; many graduates say the most important changes happened in these gaps.

A community

Learning with the same group for four years makes it possible to learn to observe, to touch, and to give and receive feedback in a safe setting.

Programme structure

~4 years (3–4)	~160 training days	~800 hours	~40 days / year
Segments The training consists of intensive blocks usually held 2–4 times a year. A segment typically lasts 5–20 days; long segments include weekend breaks.	Daily hours Each training day includes about 5 contact hours (excluding breaks). The nervous system needs rest to process new information.	Accreditation Trainings in Europe are organised and approved according to EuroTAB (European Training Accreditation Board) standards; the certificate is recognised by Feldenkrais guilds internationally.	
Teaching team The Educational Director holds pedagogical responsibility for the programme, joined by guest trainers and assistant trainers.	Group size Groups are usually 20–50 people. Assistants make close supervision possible, especially in FI practice.	Between segments Study groups, personal ATM practice, reading, recordings, mentoring and, in later years, supervised teaching practice.	

Ways of learning

Format	What happens?	Share (approx.)
ATM lessons	ATMs taught by the trainers; usually 1–3 a day.	%30–40
FI learning	Demonstrations, paired touch practice, hands-on skills, table work.	%20–35
Theory and discussion	Concepts, anatomy, neuroscience, learning theory, Q&A.	%10–15
Moshe's videos	Watching and discussing recordings from Amherst and other trainings.	%5–10
Teaching practice	Teaching ATM in small groups with feedback.	%5–15
Observation	The skill of "seeing" walking, sitting, breathing and skeletal relationships.	%5–10

Content year by year

Each teaching team designs its own curriculum; the framework below reflects the flow commonly followed in international trainings.

Year	Focus	Main topics	Milestone
1	Your own learning: foundations of awareness. Through intensive ATM lessons you discover your own movement habits, breathing, attention and self-image.	Core concepts (self-image, differentiation, reversibility, least effort) · basic organisation of the skeleton · gravity and support · eyes, breath and movement · developmental movements · first readings from Moshe's books · first introduction to FI	A deep personal experience as a student; a first encounter with FI
2	Learning to see and to touch. Attention gradually turns towards others: observing movement, understanding the structure of ATM lessons, basic FI hands-on skills.	Observation · anatomy of ATM lessons (theme, variation, sequencing, rest) · verbal language · teaching ATM in small groups with peer feedback · FI foundations · functional anatomy and basics of the nervous system	ATM teaching authorisation (around the end of year 2; subject to attendance and the teaching team's approval)
3	The depth of Functional Integration. You learn to "speak" through touch and to build a lesson around the person's needs; you develop your ATM teaching with real groups.	The structure of FI · FI in different positions · artificial floor, head and neck, hip, shoulder girdle work · supervised FI and case studies · analysis of Moshe's FI videos · special populations · ATM lesson design	Supervised FI practice; teaching ATM to real groups
4	Integration, independence and graduation. You give complete FI lessons, find your own style and plan the transition to professional life.	Independent FI lessons from start to finish · designing your own ATM series · professional ethics and boundaries · building a practice · the Feldenkrais community and continuing development · integrating four years	Graduation: Feldenkrais Practitioner certificate; authorised to teach ATM and FI

Personal process: Especially in the first year, fatigue, emotional ups and downs and the feeling "I don't understand anything" are normal; the nervous system is undergoing a major reorganisation.

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A sample training day

The daily flow varies with the team and the year; the schedule below is a typical example.

09:30 Morning ATM A 45–60 minute lesson opening the day's theme.	13:00 Lunch A long break to digest and rest.
10:30 Discussion / theory Principles behind the lesson, questions, conceptual work.	14:30 Afternoon ATM A lesson deepening the morning theme from another angle.
11:15 Break	15:30 Small-group work Observation, teaching practice or FI practice.
11:45 FI exploration / video Paired touch practice or Moshe's recordings.	16:30 Closing Brief sharing, integrating the day.

What to bring: comfortable, layered clothing and warm socks · a mat or thick blanket (most studios provide them) · a small towel / thin cushion · a notebook · a water bottle.

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Authorisations and certificate

~End of year 2

ATM teaching authorisation

Granted on sufficient attendance and assessment by the teaching team. From then on you may lead public ATM classes while the training continues.

Graduation

Feldenkrais Practitioner certificate

You are authorised to teach both ATM and FI. Thanks to accreditation the certificate is recognised in the international Feldenkrais community; guild membership depends on it.

After graduation

Continuing development

With advanced trainings, supervision and experience, some graduates progress over the years towards becoming Assistant Trainers and later Trainers.

Who can apply, and what is expected?

Who can apply?

There is no specific profession, diploma or fitness requirement. What matters is openness to learning, a willingness to observe your own experience and the commitment to a 4-year process. Participants come from very diverse backgrounds:

- Physiotherapists, occupational therapists, physicians, psychologists
- Musicians, dancers, actors, singers
- Yoga, Pilates and martial arts teachers, coaches
- Teachers, engineers, software developers, academics
- Anyone coming for their own health or personal development

Physical limitations are often not an obstacle. If you have concerns, you can discuss them in the application interview.

What is expected of you

- **Attendance:** Attending all segments is essential. The number of days you may miss is limited; missed days are made up in ways set by the training management.
- **Personal FI lessons:** You are encouraged to receive regular individual FI lessons from certified practitioners — the best way to learn touch is to be touched.
- **Study groups:** Meeting other students between segments to repeat ATMs and teach each other.
- **Reading:** Feldenkrais' books and recommended readings.
- **Personal practice:** ATM several times a week.
- **Journal:** Noting your experiences and observations.
- **Ethics:** Respect for trust and confidentiality within the group.

Application steps

1

Experience the method

Before applying we recommend attending a few ATM classes and at least one FI lesson. Introductory workshops are held for this purpose.

2

Application form

Fill in the form with a short CV, a motivation letter and health information.

3

Interview

A conversation with the educational director or a team member about your expectations, questions and readiness.

4

Enrolment

After acceptance, enrolment is completed with the agreement, payment plan and pre-reading list.

Common challenges and tips

Four years is a time in which much can change in life. A few tips based on graduates' experiences:

Challenge	Tip
"I can't explain what I'm learning."	Very natural: Feldenkrais learning is largely non-verbal and experiential. Words usually come in the 2nd or 3rd year; keeping a journal speeds this up.
Mid-training motivation dip	It often comes around the middle of year 2. Study groups, starting to teach ATM and visualising your progress help.
Emotional waves	As bodily habits change, emotions may surface; this is part of the process. Don't hesitate to talk with the teaching team; seeking professional psychological support when needed is entirely appropriate.
Financial planning	Consider tuition, travel, accommodation and personal FI lessons together. Costs can be spread over 4 years, and income can be earned by teaching after ATM authorisation.
Life changes	If you have to miss a segment, tell the training management early; make-up options are usually available.
Intensity of segment days	Avoid heavy social plans during segments. Evening walks, early nights and taking notes noticeably support learning.

Frequently asked questions

Can I attend while working?

Yes, most participants work. Training runs in blocks totalling about 40 days a year, so people plan with annual leave, flexible working or unpaid leave.

What if I miss a segment?

Missed days must be made up. Options usually include attending equivalent content in another accredited training or working with recordings. Contact the training management early.

Is the certificate valid outside Turkey?

A certificate from an accredited (EuroTAB-approved) training is recognised by the international Feldenkrais community and allows membership in guilds in other countries.

Do I need a prior health or movement background?

No. People from many professions join. All you need is to have experienced the method and to be open to learning.

What language will the training be in?

As international trainers are involved, lessons may be in English with consecutive Turkish translation. Exact details will be in the programme announcement.

Can I teach during the training?

After receiving ATM authorisation around the end of the second year, you may teach public ATM classes. Teaching FI waits until graduation.

Notes and information to be announced

Not yet finalised: Start and segment dates, fees and payment options, venue, training language and translation arrangements, and the educational director and trainer team will be announced on feldenkraisturkey.com and to our mailing list once finalised.

MY NOTES