

Feldenkrais Training

CHIEMSEE 10

July 2022 to April 2026

KEY INFORMATION ON TRAINING AT FRAUENINSEL

WELCOME TO ARTEM FELDENKRAIS TRAINING

In a wonderful impressing landscape ARTEM International Feldenkrais Trainings GmbH offers you an in depth Feldenkrais Teacher Training Program with international accreditation. We support your somatic learning process where you discover your personal resources and transfer them into every day life.

Julie Casson, the educational director of this program, is one of the most experienced senior trainers. Julie Casson was trained by Dr. Moshe Feldenkrais and completed the last Teacher Training Program taught entirely by him in 1977.

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THE FELDENKRAIS METHOD

»Learning is what we do if we don't know what to do.«
(Guy Claxton, Wise up)

As children we curiously find out so many things, completely absorbed in an activity, with all senses. In the beginning we don't know much, everything is new. Again and again we attentively try new possibilities and: learn! And also have fun!

As adults we seem to know everything already. But the state of not knowing is a precious moment for learning. Movement is the means. Most people, at first, find surprising the idea that they can learn to act more efficient and comfortably and at the same time increase their flexibility. And this simply by paying attention to the entire process involved in performing any given movement and exploring the sensations they experience while doing so. Awareness and movement as the basis of thinking and knowledge are a precondition for every original learning process. In movement we experience knowledge and pass it on, in movement theoretical knowledge and practical know how connect into a learning culture in motion. During the training you rediscover your own innate, childlike curiosity and improve your capacity to learn by involving every aspect of yourself.

The Feldenkrais practitioner/teacher training is an investment into the fullness of your own know how and knowledge. Practical and theoretical knowledge about our own learning ability and our potential to act in the world are equally part of cultural basics like reading and writing. Many have already grasped that.

TEAM

Julie Casson, USA **Senior Trainer**

She studied dance and exercise science at San Francisco State University. For over 35 years she has been co-director and lead instructor of 19 training programs in Europe, America, Taiwan and Australia.

Julie has been in private practice of the Feldenkrais Method since 1976 and pioneered the incorporation of the Method into clinical practice at University of California Hospital San Francisco and Kaiser Permanente Medical Centers.

Drawing on her studies and work in health care, as well as decades of experience in somatic education, she teaches the Method in its full range as a somatic learning method for everyone. She thus offers students a broad view of the method and its application, leaving plenty of room for their individual learning process.

In the ARTEM trainings, students benefit from her profound and authentic knowledge of the original video material of Dr. Moshe Feldenkrais individual and training sessions.

With her warm understanding and supportive nature, she provides a unique high quality training. Julie teaches up to 60% of the training.

Assistant Trainer and Organization **Anna Karin Engels, Köln** **Certified Assistant Trainer**

graduation in the Feldenkrais Training Program 1992/ Hamburg with Educational Director Jerry Karzen.

Anna accompanies since 1998 all 8 Chiemsee Training programs as very experienced Assistant Trainer and organizer. University Diploma in physical education/ sport science, therapist in rehabilitation and health prevention (Deutsche Sporthochschule Köln) University degree in fine arts and biology, movement theatre.

Over 7 years practice in Butoh dance, music and dance, performing arts, yoga and meditation practice. Runs her practice for „somatic balance and Feldenkrais- Idiolectic“ in Cologne for over 28 years. Develops seminars e.g. Feldenkrais & language, voice, music, fine arts, performance and health prevention, stress reduction and resilience, Feldenkrais in your job in Germany and worldwide (Russland, China, Neuseeland, Taiwan, Schweiz, Belgien). Work Experience in integrating the Feldenkrais Method into the field of learning therapy with children (ADHS), Psychotherapy, Music, Theatre, sports, rehabilitation. Supervision for students and practitioners of the Feldenkrais Method.

1992-1996 member of the BOD of the Feldenkrais Guild/Germany. Trainer and Counselor for Idiolektik® (communication skills) since 2000.

She practices the Feldenkrais Method with people and students of all backgrounds in life, who are curious to move, to discover their resources, to think in new directions and want to become aware.

VENUE

Frauenchiemsee is a beautiful island situated in the middle of the Chiemsee, Bavaria with a convent dating from the middle ages. Our training takes place in the gymnasium of the convent outside the convent walls, and just a few steps from the lake. Learning becomes a pleasure in a protected, car-free and peaceful surrounding, in the middle of the lake with a fantastic view onto the Chiemsee lake and the Alp Mountains.

The schedule allows students to participate in the training program and also enjoy the countless nature activities available, like mountain hiking, swimming and sailing. Munich and Salzburg are nearby for more cultural pursuits.

For first impressions of the region:

www.chiemgau-online.de

www.gstadt-am-chiemsee.de

Shopping

„Inselladerl“: a tiny little shop in the middle of the island offers an astonishing variety and the possibility to order everything from the offer of the main supermarket on the mainland to the following day.

Opening hours: open 4 – 5 times a week. The hours can change. Check at the shop. Thursdays: fruit and vegetable stand. Butcher stand. Tuesdays and Fridays: Baker-van until 9 a.m.

Restaurants on the Island

Linde, Klosterwirt und Inselwirt, Cafe Gini, Fritzi's Biergarten and some other small beergardens also offer Chiemsee-fish. You can get the delicious Renken-roll with smoked Chiemsee-fish from the fishermen on the island. Opening hours of the restaurants vary according to seasons.

In Gstadt: Small supermarket, bakery, post office, bank with ATM. In Prien you find all kinds of supermarkets and shops and a organic food-shop. Or you can go to Traunstein by bus or car. Salzburg is only one hour by car and almost 2 hours if you take the train from Prien. Bike and boat rental in Gstadt and everywhere around the lake

SCHEDULE

Datum	Tage	Trainer
1. Year		
29.07. – 09.08.22	10 incl. 2 free	Julie Casson
12.10. – 23.10.22	10 incl. 2 free	Julie Casson
21.04. – 08.05.23	15 incl. 4 free	Anna Maria Caponecchi
30.06. – 17.07.23	15 incl. 4 free	Julie Casson
2. Year		
29.09. – 16.10.23	15 incl. 4 free	Ilan Jacobson
04.04. – 21.04.24	15 incl. 3 free	Ingrid Wilczek
20.06. – 07.07.24	15 incl. 4 free	Julie Casson
3. Year		
26.09. – 13.10.24	15 incl. 4 free	TBA
30.04. – 11.05.25	10 incl. 4 free	Julie Casson
26.06. – 14.07.25	15 incl. 4 free	Julie Casson
4. Year		
09.10. – 27.10.25	15 incl. 4 free	TBA
07.04. – 18.04.26	10 incl. 2 free	Julie Casson

Total

- 160 days
- 112,00 € per day
- 4.480,00 € per year
- Excl. catering & accomodation
(All data subject to changes)

CURRICULUM

**I hear, I forget, I see,
I remember I do, I understand**

The Training Program covers the two basic aspects of the Feldenkrais-Method:

Awareness Through Movement (ATM)

Moshe Feldenkrais developed more than 2000 basic ATM-lessons. Each student individually explores and experiences the enormous spectrum of human learning capacity through movement at his/her own pace in a group setting. Sense, feel, perceive, compare, differentiate, directing awareness, move mentally, think, experiment: our possibilities for action newly expand. In these ATM-lessons Moshe Feldenkrais put learning principals into action like: differentiation, restriction, variation, options. Lessons include developmental patterns as manifested in babies and infants, as well as movements involved in sports, dance and the martial arts: the full potential of learning through movement.

Functional Integration (FI)

This gentle, non-invasive hands-on exploration between practitioner and student offers an enormous potential for growth. Each student gets 12 individual FI's from the staff and as a minimum 1 trainer lesson during the program, either before or after class or sometimes during class lessons.

The Curriculum includes:

- ›do and understand‹ expanding the own capacity to learn by intensive experience of ATM and FI
- Developing self-perception and the perception of others
- Refining sensory perception, movement perception and the perception of emotions
- Developing awareness for motor and sensory phenomena and their complex configurations in oneself and related to others
- Improving significantly the own movement abilities by reducing effort and creating options in the learning process.
- Explore mutual connections between ATM and FI and integrate this knowledge into the own teaching of ATM and FI
- Developing and experiencing a rich repertoire and a variety of movement variations
- Supervised teaching of ATM and FI including supporting feedback
- Developing and increasing the understanding of and ›somatic‹ learning

- Understanding the vast variety of human learning possibilities
- Understanding the dynamics of learning and the potential of the learning process and the Feldenkrais learning theory
- Becoming aware of the intention within every action
- Understanding developmental movements and the basic functions of learning
- Understanding that independent thinking and the meaning and the function of choices are a necessary prerequisite for continuous learning
- Learning how to integrate thinking and acting more in a non-linear way and less in a 'cause and effect' way
- Experiencing and understanding what a function is and how the function is related to the individual in gravity and its environment
- Understanding self directed learning as a prerequisite for individual and social capacity to act

Discussions of the theoretical background of the Feldenkrais work, videotaped ATM and FI-lessons and lectures by Moshe Feldenkrais are equally integrated in the training as functional anatomy, physiology, kinesiology, neurophysiology and ethics. Communication skills for the interview with clients and business tips for building a practice are offered additionally.

Diploma and Accreditation

Graduates of the Chiemsee Feldenkrais Programs are qualified to become teachers of the Feldenkrais-Method. Participation does not automatically guarantee graduation.

Between the second and third year of the training students can get permission to teach ATM classes to the public, by mentioning their student status. The ATM teaching permission is part of the individual learning process and only stays valid after completing the full four years of the training program. After the 4 year program graduates may give FI-lessons.

The training is accredited by the European Accreditation Board (ETAB) and recognized worldwide by Feldenkrais Professional Associations who are members of the International Feldenkrais Federation (IFF)

Graduates are eligible to become members of a national guild or association and to use their service marks.

Language

The Training is conducted in English. German and English speaking assistants and/ or experienced practitioners will accompany you throughout the whole of the training. Summarized or sometimes simultaneous translation into German is offered at request

FAQ

Schedule, costs, application?

You find all the important basic information about the training program like 'Info days', venue, schedule, tuition, curriculum, language, application here and also on our websites www.feldenkrais-training-program.com and www.artem-feldenkrais.de and the information PDF.

Tuition: 112 € per training day. 4480,00 € per training year (40 days).

Some workscholarships are available, students in need with a residence in east European countries can apply for partly reduction (depending from the number of students in the program). Please contact us if you need more information.

Can everybody take a training?

In general as an adult – yes. You should of course have had sufficient experience with the Feldenkrais-Method (ATM classes and FI lessons), are learning or have learned a profession, and feel physically, mentally and emotionally in a condition to take a professional training of 5-6hrs per day. This program is offered as a practitioner training program. It is your choice, if you will integrate this knowledge into your original profession or if you become a Feldenkrais practitioner or if you use the Method for self-experience.

How is the training structured?

Year one and two focus more on somatic learning and selfexperience in Feldenkrais® AWARENESS THROUGH MOVEMENT (ATM). Moshe Feldenkrais has developed a whole variety of lessons (ca. 2000) for somatic learning.

A major part of these lessons will be offered by the Educational Director and Senior Trainer Julie Casson Rubin, Senior Trainer Paul Rubin, Anna Maria Caponecchi, Anat Krivine and Senior Assistant Trainer Anna Karin Engels and Assistant Trainer Iris Moldiz.

From the very beginning FELDENKRAIS® FUNCTIONAL INTEGRATION (FI) will be part of the instructions, so you can experience and learn how both parts of the method are connected with each other. We integrate the education in improving the acuity of sensory perception of self of each student with the processes of building understanding of how movement is organized in others. The primary means of improving the acuity of sensory of each future teacher is the practice of Awareness through movement (ATM). Important secondary sources are the individual Functional Integration lessons each student will receive from the Educational team and also from peer practice in touching.

As the program progresses, the emphasis on learning to take the role of "Teacher of Awareness through movement" and then of "Functional Integration" will increase.

In year three and four the training will focus more on FUNCTIONAL INTEGRATION (FI) while AWARENESS THROUGH MOVEMENT (ATM) stays an integral part of the teaching. The processes of self – knowledge and self-development will remain and be brought forward as the foundation during the entire training program.

How is a training day structured?

In general the training is 5 hours a day, additional FI (Functional Integration individual) lessons could be observed after class, before, after or sometimes during these main teaching hours and during lunchbreak. Training-FI's will be given, where students can watch. Instructions include ATM's, FI, talks, video tapes (Amherst and FI's) and are designed along the demands and the needs of the students.

In the beginning of each training segment the daily schedule will be fixed by the trainer. We mostly start at 9:15 a.m. and end in the afternoon depending on the length of the noon break at 16:15. The 1st day of each training week starts at 12:15 and ends at 17:15. The last day of each training week goes from 09:15 until 12:45.

Who is teaching?

The educational director Julie Casson, will be the Lead trainer for 60 % of the training. She will be on – site up to 80% of the program. To experience a whole range of personalities and styles the other training segments will be taught by experienced certified trainers (3-4). The trainer will be assisted by 1-2 continuous assistant trainers if required and experienced practitioners. Anna Karin Engels as Senior Assistant trainer will support the trainers and the education by teaching ATM and FI. She will provide guidance to all students through the training process. Julie Casson Rubin as Educational Director will guide the overall education and the curriculum for all segments.

Training FI's will be given by trainers, assistant trainers and experienced practitioners with a minimum of 5 years experience. Throughout the whole of the training the staff supports the learning progress of the participants. If you want or need a personal talk you can contact the Assistant Trainer.

Support?

We recognize that this training program represents a major commitment of self, of time, and of resources. We invite individual contact with the Organizer, Anna Karin Engels and the Educational Director, Julie Casson Rubin to discuss how this program might fit into your life and

help you to reach your educational and professional goals.

For a good decision in this sense, we invite all who are seriously considering the program to visit during our training segments in October 2022 & April 2023. Please contact Anna Karin Engels.

Fundamental theory on which the Feldenkrais Method is built will be taught throughout by discussion, lecture, and demonstration.

We suggest that students form partnerships or small study groups to discuss and remember what has been taught. Study literature in between segments. For those who wish the ongoing support of peers, it is easy to agree on "Zoom" dates to discuss, review and exchange experiences.

It is also an excellent way to practice teaching Awareness through Movement as we enter that phase of the education.

Additional information e.g. communication skills, building up a practise, will be either integrated in the training or additionally offered for those who are interested.

When am I allowed to work with the Feldenkrais-Method?

If you have successfully completed the first two years you can obtain the interim ATM-permission within the third year of the training. You can then teach Awareness through movement (ATM) as a part of your training and you need to mention your student status. If you have chosen to be a member of the Feldenkrais-Verband Deutschland e.V. you will be registered as a student member in the directory of the German Association or you register in your national Feldenkrais association.

After having successfully completed the fourth year of the training students get a certificate and are allowed to teach FELDENKRAIS Functional Integration (FI) and AWARENESS THROUGH MOVEMENT(ATM). You are allowed to become a member of a national Feldenkrais guild or association and to use their registered marks. As a full member of the Feldenkrais-Verband Deutschland e.V. you are allowed to use the name FELDENKRAIS® Practitioner FVD and to renew your licence.

Graduates from other countries could become members in their national association. Every graduate should know, that in certain states or countries professional practice may be subject to licensing laws, limiting their professional practice unless the graduate has a certain license. Our program is a European Training

Accreditation Board (ETAB) accredited training program.

Exams?

Not in the traditional sense. A training offered by a free private school provides the learning space that allows somatic learning in the true sense of Feldenkrais Method without being stressed by the usual exams. The training process itself offers sufficient possibilities to trainers, assistant trainers and experienced practitioners to perceive and validate the learning progress of each student. (cumulative process) Every day of the training is part of the learning progress.

At the end of year two there will be a „practicum“ giving students the possibility to teach two ATM-sequences under supervision and with supporting feedback. In the end of year four students will give two FI's under supervision and with supporting feedback.

And if I have to miss some days or even a segment?

You may miss 5 days per training year but not more 10 days during the whole of the training.

If you miss more than the allowed number of days, you make arrangements with the educational director to make up the missed time, either preferred in one of our training programs or in another training program on the same training level. (See your training contract for details). Please think about a seminar /travel insurance, in case you cannot attend a segment because of illness, etc. – it provides you from additional costs.

And if I cannot continue or have to interrupt the training?

You can leave the training program any time giving notice within the time range you have agreed upon in your contract (6 months notice before a segment). As you have 7 years to complete the training (from your start date) you can continue the training later and complete it in one of our programs or another training program, which follows the international standards.

And how are the payment modes?

If you did not choose otherwise, you pay for the respective segment 4 weeks in advance at a due date (see contract). If you cannot pay in time you pay a late charge (see contract). You can contact ARTEM any time to find a mode of payment that fits for you.(installments or yearly)

Some countries and companies offer financial support for employees – please look for information in your country.

To take the training I need a document for my company/institution / invitation for the visa?

Just let us know what kind of document you need and we send it to you immediately.

Accommodation?

You make arrangements for your accommodation yourself. Various apartments and rooms are offered in Gstadt (north shore of the lake – 10 minutes by boat), Gollenshausen, Breitbrunn and Prien (20 min. by boat). Most training participants stay on the mainland and in or near Gstadt and share apartments. The accommodations on Fraueninsel are more exclusive and limited as it is a small island. The Benedictine abbey on Fraueninsel offers rooms in different categories for 35€/55€/65 € per night and person (2022). For online booking please see: www.gstadt-am-chiemsee.de Please contact ARTEM to get more information about accommodations on the island.

Kids

Please contact us, if you bring your kids and need information. Babies and kids are welcome to visit the training if they can play quietly or sleep. Depending on what is taught, older kids can also participate in the training.

Teaching material and tools – Do I need to bring them?

No – have a carefree travel to Fraueninsel, just bring your comfortable cloth, shoes or warm socks for the hall and if you like, your own blanket or mat. ARTEM offers Feldenkrais tables, rollers and also some mats and blankets at the place. You have the possibility to store your personal equipment over the 4 years in the attic of the hall.

Boat tickets

As a student of the ARTEM International Feldenkrais Trainings, you can buy a 10 time boat ticket, which will allow you to use the ferry boat with a 10% reduction (2022).

And how do I learn and remember the contents of the segments?

Learning by doing – somatic learning is a non linear learning process (e.g. learn to ride a bicycle). Nevertheless we suggest to discuss with your classmates after class what you have practiced during the day, or collect, write, draw or make fotos in your learning group in order to reflect and remind the themes. Make your teaching experience at home with friends or class mates between the segments or online with “Zoom”.

MP3 recordings of the ATM lessons and talks will be

given to every student at the end of each segment for self-learning and studying at home (copyright ARTEM – no publishing or editing).

ACCOMODATION

This list gives limited choice. You make arrangements for your accommodation yourself. Various apartments and rooms are offered in Gstadt (north shore of the lake – 10 minutes by boat), Gollenshausen, Breitbrunn and Prien (20 min. by boat). Most training participants stay on the mainland and in or near Gstadt and share apartments. The accommodations on Fraueninsel are more exclusive and limited as it is a small island.

Please contact ARTEM to get more information about accommodations on the island.

Breitbrunn		
Frau Lösch	+49 8054-420	2 double rooms
Schuhbeck	+49 8054-7057	Apartment, kitchen, bathroom
Gstadt		
Heistracher	+49 8054-7397 +49 8054-9136	rooms and apartments
Alexandra Kugler	+49 8935-663044 +49 8054-283	apartments for 2-6 people, kitchen, bathroom, terrace, sauna, at the lake, ca. 12 min to boat
Gästehaus Schneider	+49 8054-7191	4 double rooms with kitchenette, 10 min to boat
Gästehaus Stocker	+49 8054-657	diverse apartments
Reichl	+49 8054-313	several apartments, also apt. with kitchenette
Obinger Maieralmweg	+49 8054-338	6 apartments
Ferienresidenz ChiemseeStern	+49 8054-906690	info@chimseestern.de, www.chiemseestern.de very nice apartments, higher standard
Fraueninsel		
Baumann (Junior)	+49 8054-7572	small apartment
Abbey	+49 8054-7644	rooms double 27 €, single 30 €, hotel standard 45/55 €
Peter Holzmeyer	+49 8054-328	double and single rooms, kitchen to share
Christa Degler	+49 8054-348 +49 89-8631225	dog in the house – very small single room with kitchenette in basement, double room with living room
Klampfleuthner	+49 8054-824	double and single rooms
Lanzinger	+49 8054-329	apartment for 2-3 people and guest rooms
Wörndl	+49 8054-7259	small apartment

A complete list can be ordered from

Tourist-Information

Seeplatz 5

83257 Gstadt

phone +49 8054-442

www.gstadt.de

www.chiemsee-inseln.de

www.fraueninsel.de

TRAVEL

A little tip beforehand: The ways to the ship and on the island are not long, but favorable is rolling luggage. Those who live on the island will also appreciate the rolling shopping bag.

By plane

After arriving at Munich Airport (Franz-Josef Strauß), take the S-Bahn (tickets are available opposite the escalator that leads one level down to the S-Bahn) to Munich Ostbahnhof (every 10 min.) and then continue by train to Prien/Chiemsee.

By train

... the journey first takes you to Prien/Chiemsee station. From there, take the Chiemsee train (only in summer), bus, cab or walk (20 min.) to the Prien-Stock pier.

By car

... to Gstadt on the north shore of Lake Chiemsee. Since Fraueninsel is car-free, park your car in Gstadt, e.g. coming from Prien/Breitbrunn in the parking lot at the entrance to the town opposite the post office, or in the Pletzenauer parking lot (coming from the same direction, second last house on the right before the left turn-off), or in the Gästehaus Rapplhof parking lot (turn right in the left turn-off and the entrance is about 50 m further on the right). There is a daily fee for parking in the parking lots. For longer parking times you can ask for a discount.

The last stage to Fraueninsel...

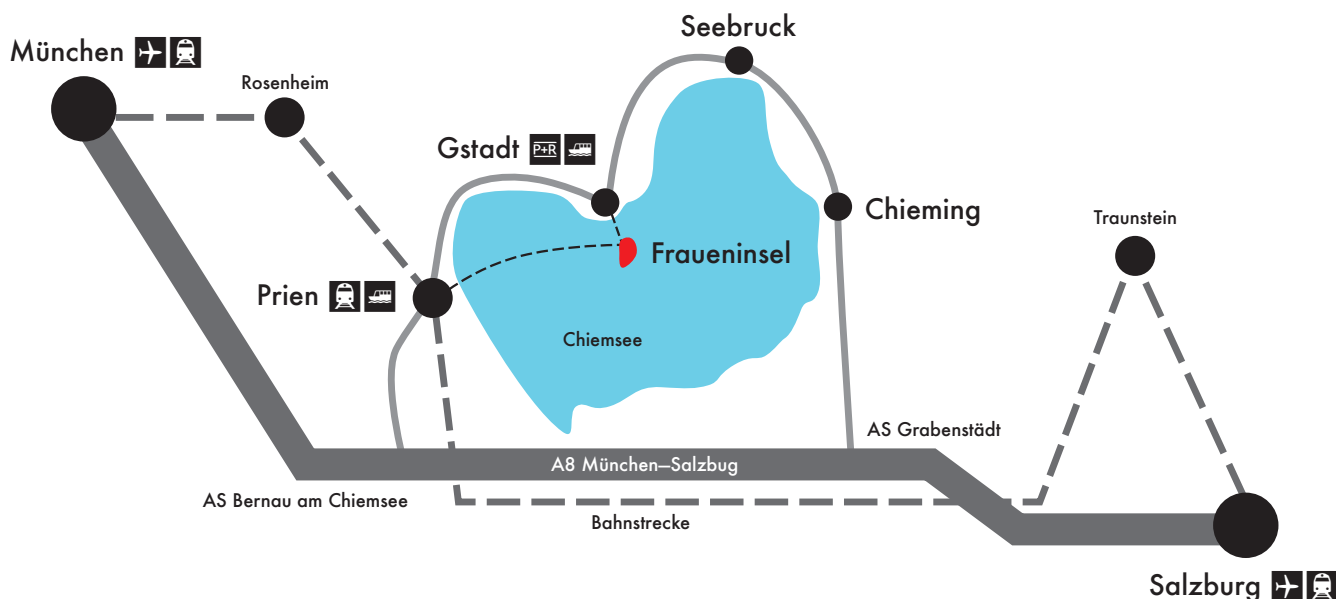
... is by boat! The crossing to Fraueninsel takes about 20 min from Prien-Stock. The boats run sufficiently frequently and longer in the summer, in the off-season the last boat usually leaves around 17:00.

From Gstadt the crossing takes about 10 min.

For information about fare reduction see chapter FAQ. Information about the boat schedule: www.chiemsee-schiffahrt.de

Accessibility

It is no problem to get to the island with a wheelchair. In the monastery there is a handicapped accessible room and elevators. In our training auditorium there is of course a disabled WC.



APPLICATION

Who may apply?

The training is designed for people from all walks of life and diverse ages, but will be of particular interest to people who are already working in areas where movement or learning are involved: performing and visual artists, musicians, actors, dancers, athletes as well as teachers, sports trainers, IT-professionals, health professionals, physical and occupational therapists, psychologists, medical doctors. Anybody wanting to improve the quality of their work, or looking to develop the art and craft to practice the Feldenkrais Method is encouraged to apply.

If you wish to apply and would like more detailed information about the training, please contact ARTEM International Feldenkrais Trainings GmbH
www.artem-feldenkrais.de

To apply include:

- Application form (see last page of the info pdf)
- Curriculum vitae with a short description of your educational background (formal and self-taught) and work experience.
- A brief description of your experience with the Feldenkrais Method and why you wish to take the training.
- Two letters of recommendation (from a Feldenkrais practitioner or other teachers or persons who know you personally and can recommend you for the training) or one visit in our current training program, so we can get to know you.
- Two recent photos (digital if possible)

Application fee 80,00 € (nonrefundable), please send the fee to our bank account (see below) with the application. Applications will be processed on a „first-come-first-served“ basis. If accepted, you will be notified within 4 – 6 weeks.

The final costs are 4.480,00 € per training year (112,00 € per training day), Accommodation / food / transport are not included. A variety of payment plans are available (installments, per segment, yearly or total payment of the whole program).

APPLICATION FORM

Surname:

First Name:

Date of birth:

Place of birth:

Address:

Country:

Zip-Code: City:

Mobile Number:

Landline:

E-Mail:

We pass this information on to the data base of the ETAB (European Training Accreditation Board) in which all Feldenkrais students and teachers are listed.

Will you permit to make these details available to share with other training participants e.g. to form carpools

yes no

What is their current employment status?

employed

self-employed

other:

Profession:

Mode of payment

monthly instalments

yearly instalments

per segment

ARTEM GmbH

International Feldenkrais Trainings GmbH
Vertretungsberechtigte Geschäftsführerin:
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Bank account:
Postbank Hamburg
IBAN: DE02 2001 0020 0798 1672 04
BIC: PBNKDEFF

Date

Signature

www.artem-feldenkrais.de

CREATE CHOICES

SENSE·FEEL·THINK·ACT

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