



Learning From Moshe Feldenkrais IN THE TEL-AVIV TRAINING with Ruthy Alon

**“For me, personally, this will be an opportunity to
celebrate the gift of Feldenkrais®” – Ruthy Alon**

May 16-19, 2019 in New York City

134 West 26th Street, Second Floor, New York, NY 10001 (formerly The *Feldenkrais* Institute of New York)

Feldenkrais Access is delighted to announce a special four-day workshop with Ruthy Alon for *Feldenkrais* Practitioners in New York City, May 16-19, 2019.

Ruthy is a Senior Trainer and a beloved figure in the *Feldenkrais* community. She began studying with Dr. Feldenkrais in the 1950's and was one of the thirteen students to attend his first training program from 1968 to 1971, in Tel-Aviv, Israel. At the time, Dr. Feldenkrais was still developing Functional Integration®, and his approach to teaching it was intimate and hands-on. Ruthy and her classmates watched Moshe as he worked with his FI clients, and learned as he demonstrated FI techniques on them individually, and as they practiced on him.

For four days in May, Ruthy Alon will share her memories of the Tel Aviv training, and give us an opportunity to learn *Functional Integration* skills as Moshe taught them to his first students. Ruthy Alon lives in Israel and is reducing her travel schedule, so don't miss this rare chance to study with her in person!



***“Ruthy Alon is a wellspring of wisdom and an inspiration to all who have an
opportunity to learn from her.” – David Zemach-Bersin***

**For more information and to register, please call Tiina at 646-820-5485
or email us at info@FeldenkraisAccess.com**

This workshop is expected to sell out quickly. Early registration is recommended.



Feldenkrais® Access

Learning From Moshe Feldenkrais

IN THE TEL-AVIV TRAINING with Ruthy Alon



Ruthy Alon writes...

"Moshe Feldenkrais conducted three training programs, Tel-Aviv 1968-1971, San Francisco 1975-1977 and the first two years of Amherst 1980-1981. He taught each training differently. Tel Aviv was the first time he chose to share his hidden world of *Functional Integration*. He told us how difficult it was for him to share this aspect of his work, and how he hoped to find out that his insight was not the miracle of one man's hands, but transferable to others and scientifically verifiable.

The paradox is, as Moshe said, that *Functional Integration* is 20% knowledge and 80% intuition, and that the 80% is based on the capacity to sense and feel. Moshe was concerned about how science would perceive his work, saying, "For science, I am like the negative root number, whose existence is acknowledged yet there is no explanation to validate it."

The Tel-Aviv training only focused on FI. We studied with Moshe, 13 people around a low table, one hour every day for six days a week, ten months a year, for three years. I



documented the entire training in six thick notebooks. To the best of my ability, I wrote about everything he did and said, in those lessons. I did not understand what he was doing, even when he tried to explain it, so I wrote in a desperation to understand. Indeed, it took me many years to form the new perception needed for comprehending his unique approach to somatic programming.

In our Tel-Aviv group, we devoted weeks to understanding the main components of coordination for each of the infant development functions. This was a great and reliable structural support when we began to work independently, on our own. The infant model for autonomous and organic learning always improves the harmony of the nervous system. The insight of perception and personal invention comes later, like in all *Feldenkrais* learning.

In this special workshop, we will practice some of those basic infant FI lessons as well as lessons that followed along the lines of the ATM that he had taught at Alexander Yanai, the previous week. In addition, I will share some special strategies he invented for specific issues and my memories and anecdotes from the training."

Ruthy Alon lives in Jerusalem, Israel, and is a Senior *Feldenkrais* Trainer. Ruthy graduated from Dr. Feldenkrais' first training program, and is the author of *Mindful Spontaneity*, the creator of the *Bones for Life* program, *Solutions for Optimal Mobility*, and many other audio and video programs. A cherished teacher, Ruthy is a master at deciphering complex patterns of movement and creating solutions for improving them. Her teaching style empowers students to comprehend the work on their own, and experience a sense of deep personal success. The *Feldenkrais Method*® has been the central axis of Ruthy's development and professional contributions for over half a century. She has taught the *Feldenkrais* approach for the improvement of human functioning all over the world.

Regular Tuition: \$665 – Early bird Tuition: \$595 before April 15, 2019

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Dates: Thursday-Sunday, May 16-19, 2019

Times: Thursday 4:30 - 9:00pm, Friday & Saturday 10:00am – 5:30pm, Sunday 10:00 - 4:30pm

Location: 134 West 26th Street, Second Floor, New York, NY

FGNA Members: 10% off regular tuition **FPTP Students:** 20% off regular tuition

Travel Discount: 10% off (outside the USA) No Partial Enrollments *Discounts cannot be combined*

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