



ExplorACTION, LLC

Feldenkrais® in Seattle



**SEATTLE EASTSIDE FELDENKRAIS TRAINING III (SEFT III)**

**“MAKE UP” INTENSIVE FOR SEGMENT 1 (first 20 days of Training)  
IN JUST 2 WEEKS!**

**Monday - Saturday the Week 1 & Monday - Friday the Week 2**

**September 7<sup>th</sup> – 19<sup>th</sup> 2009 in the Eastside of Seattle, WA**

- It’s not too late to enroll in our 4 year *Feldenkrais* Training by taking our SEGMENT I MAKE UP and joining SEFT III’s SEGMENT 2, October 26<sup>th</sup> - November 20<sup>th</sup>, 2009.\*
- This SEFT II *Make Up* will cover a majority of the 1<sup>st</sup> 20 days of a *Feldenkrais* Training and can be credited towards any Guild Certified *Feldenkrais* Training.

Monday	September 7 <sup>th</sup> 5:30-10:00pm
Tuesday	September 8 <sup>th</sup> 5:30-10:00pm
Wednesday	September 9 <sup>th</sup> 5:30-10:00pm
Thursday	September 10 <sup>th</sup> 5:30-10:00pm
Friday	September 11 <sup>th</sup> 5:30-10:00pm
Saturday	September 12 <sup>th</sup> 10:00-4:00pm

Monday	September 14 <sup>th</sup> , 5:30-10:00pm
Tuesday	September 15 <sup>th</sup> 5:30-10:00pm
Wednesday	September 16 <sup>th</sup> 5:30-10:00pm
Thursday	September 17 <sup>th</sup> 5:30-10:00pm
Friday	September 18 <sup>th</sup> 5:30-10:00pm

- SEGMENT I MAKE UP will be taught by SEFT co-director, Richard Corbeil.
- The cost for the entire *make up* will equivalent to our 1st Training Segment’s fee of \$2175.

This MAKE UP will prepare new trainees to enter into the 2nd segment of our SEFT III program easily. \* Both the *Make Up* and the SEFT III training will take place in Kirkland, WA. The actual SEFT III Program meets 1 month, 2x a year, 9-3pm, M-F, weekends off.

**For more information on the SEFT III training, click on *Professional Training*  
For more information on our SEFT III Make Up” on our website, *Professional Training/ Seg. 1 Make Up*  
or download our Training brochure from:  
[www.feldenkraisinseattle.com](http://www.feldenkraisinseattle.com)**

Space in MAKE UP is limited. For an appointment, interview, or more information about how to apply into our SEFT II Program, please contact:

**Angel Di Benedetto, GCFTs**  
Educational Directors of SEFT Trainings  
E-mail: [adiben@aol.com](mailto:adiben@aol.com)  
425 820-0399

\* It is not a prerequisite to enroll in this MAKE UP to join into the 2<sup>nd</sup> Segment of SEFT III. However a student will need to make up Segment 1 in some other Guild Certified Feldenkrais® Training (approved by the Educational Director) in order to graduate and become a Guild Certified Feldenkrais® Practitioner.