

SEFT

SEATTLE EASTSIDE FELDENKRAIS® TRAININGS

WHAT IS SEFT?

SEFT is a **fully accredited** Feldenkrais® Professional Training that:

- ⊕ Is a ***proven design*** with each iteration continuously refined and improved over the last **16 years**.
- ⊕ Provides ***intensive experiential learning*** in 4-week segments, spring and fall, over a period of 4 years, all shared with a close-knit community of peers. After 8 segments of 20 days each, for a total of 800 hours, you graduate and become immediately eligible to receive an ***internationally recognized Certificate from the Feldenkrais Guild®*** of North America (FGNA).
- ⊕ ***Allows sufficient time for optimum integration*** of kinesthetic experiences and ample opportunities to apply what's being learned between segments through ***self-paced experimentation*** with optional mentoring available.
- ⊕ Offers ***all 800 hours of training in person*** in order to maximize the quality of interpersonal connections, attune to individual learning styles and support the needs of each student from moment to moment. ***Unlimited free access to online SEFT recordings*** is available utilizing Vimeo.
- ⊕ Limits our teaching staff to an elite set of ***highly experienced certified Trainers*** with over 140 years of combined teaching experience. Our visiting Guild Certified Feldenkrais® Trainers studied under the direction of Moshe Feldenkrais, as did Angel. Not one but ***two Educational Directors*** mold the 4 year learning experiences; one of them is always in the room for support.
- ⊕ Uses an ***adult-oriented, student-centered, community based*** learning model, created specifically for SEFT in collaboration with a Guild-Certified Feldenkrais Practitioner® with a PhD in Human and Organization Systems that supercharges learning and meets *students'* goals.