

SF Bay Area Feldenkrais Training Schedule

Year One (Begins late 2024 through 2025)

1. **October 4 & 5** Online Intro Segment (10 Hours)
2. **November 7-11** Thursday through Monday (5 live days)-Thursday-Sunday: 11:30-5:30/5:45. Last day, Monday 9:30-2PM. (25 Hours)
Trainer: Elizabeth Beringer

Total Days 2024: 7

-All live days will have the same schedule **11:30-5:30/45** however, the last day of each live segment which will go from 9:30-2 PM Most segments will follow the same 8-day format for live sessions going forward.

2025

3. **February 1-4, 6-9** (Feb 5 off) 8 Days: Saturday through Sunday w/ Wednesday off
Trainer: Elizabeth Beringer
4. **May 17-20 & 22-25** (May 5/21 off) 8 Days : Saturday through Sunday w/ Wednesday off
Trainer: Scott Clarke
5. **August 2-6 & 8-12** (8/7 off) 10 Days: Saturday-Tuesday w/ Thursday 8/7 off
Trainer: Carol Kress

Year One Summary: 31 Live Days, 2 Day online segment. Additional online meetings of 1.5 hours will be spread over the training year equaling 40 days of training. Online teaching presents the option of experiencing a variety of teachers for both full day online sessions and follow-up between segments. All *Feldenkrais Method* trainings require the equivalent of 40 days per training year.

Year Two (2025-2026)

6. **November 1-4 & 6-9** 8 Days: Saturday – Sunday w/ Wednesday 11/5 off
Trainer: Elizabeth B.
7. **Jan 24-Feb 1** 8 Days: Saturday – Sunday w/Wednesday 2/28 off
Trainer: Donna Ray
8. **April 11-19** 8 Days Saturday to Sunday w/ Wednesday 4/15 off
Trainer: Elizabeth
9. **June 6-14** 8 Days Saturday – Sunday w/ Wednesday 6/10 off
Trainer: Arlyn Zones

Year Two Summary Year Two: 32 Live Days and the Equivalent of 8 online days

Year Three: (2026-2027) Years 3 & 4 will each include 4 more live days per year, and somewhat less online sessions.

- 10. August 8-16** 8 Days Saturday to Sunday w/ Wednesday 8/12 off
Trainer: Elizabeth B. 8 Days
- 11. November 7-15** 8 Days w/ Wednesday 11/11 off
Trainer: Elizabeth B. 8 Days
- 12. February 6-14** 8 Days w/ Wednesday 2/10 off
Trainer: Martin Mosiman 8 Days
- 13. May 15-23** 8 Days w/ Wednesday 4/7 off
Trainer: Scott Clark 8 Days

4-days in the next August segment will complete Year 3

Year Three Total Live Days 36 and the equivalent of 4 online days (The schedule for years 3 & 4 is provisional pending confirmation from our site.)

Total 40 Days: 36 Live Days 4 online

Year Four (2027 & 2028)

- 14. August 7-15** 8 Days w/ Wednesday 8/11 off **(ends year 3 and starts year 4)**
Trainer: Arlyn Zones
- 15. November 6-14** 8 Days w. Wednesday 11/10 off
Trainer: Elizabeth Beringer
- 16. February 5-13** 8 Days w/ Wednesday 2/9 off
Trainer: Martin Mossiman 8 Day
- 17. May 19-29** 8 Days w/ Wednesday off
Trainer: Elizabeth Beringer 8 Days
- 18. July 1-9** 8 Days
Trainer: Elizabeth Beringer 8 Days

-All live days will have the same schedule **11:30-5:30/45** however, the last day of each live segment which will go from 9:30-2 PM

Final Year Three and Four schedules will be settled by the end of year One. At that time there will be a discussion with the enrolled students and staff about various options as the course unfolds.