

# **SF Bay Area Feldenkrais Training Schedule Year One and Two**

## **Year One (Begins late 2024 through 2025)**

### **Segment One**

**November 7-11** Thursday through Monday (6 live days)

Thursday-Sunday: 11:30-5:45, last day, 11.11 9:30-2PM.

(all live days will have the same schedule 11:30-5:30/45 with the exception of the last day of each live segment which will go from 9:30-2 PM

**Total Days 2024: 6**

### **2025**

**February 1-4, 6-9** (Feb 5 off) 8 Days: Saturday through Sunday w/ Wednesday off

**May 17-20 & 22-25** (May 5/21 off) 8 Days : Saturday through Sunday w/  
Wednesday off

### **Summer 2025**

**August 2-6 & 8-12** (8/7 off) 10 Days: Saturday-Tuesday w/ Thursday 8/7 off

**32 Total Live Days Year One (dates in 24 & 25)**

**Year One will include 40 additional hours of online teaching.** This will include short 1.5 hour meetings and some full day online sessions with a variety of different instructors. (Online teaching presents the option of experiencing teachers from other countries for short online sessions.)

## **Year Two**

**2025**

**November 1-4 & 6-9** 8 Days: Saturday – Sunday w/ Wednesday 11/5 off

**2026**

**Jan 24-Feb 1** 8 Days: Saturday – Sunday w/Wednesday 2/28 off

**April 11-19** 8 Days Saturday to Sunday w/ Wednesday 4/15 off

**8 Days**

**June 6-14** 8 Days Saturday – Sunday w/ Wednesday 6/10 off

**8 Days**

**Year Two Total 32 Live Days (And the Equivalent of 8 online days)**

**Years 3 & 4 could potentially involve more in person time as we work more intensively with Functional Integration.**