

INTRODUCTORY THREE-DAY COURSE
in preparation for
Sussex 11
the next
**FELDENKRAIS PROFESSIONAL TRAINING
PROGRAMME 2019 - 2023**

If you are interested in training to become a teacher of the Feldenkrais Method, the Three Day Course is designed for you to experience the Method in greater depth and introduce you to the training process.

Our next four-year training programme is scheduled to start in July 2019.

Garet Newell, our Principal Trainer and Educational Director, offers Three-Day courses as a special opportunity to experience both Awareness Through Movement and Functional Integration, to view archived filmed material of the Method and to have time to ask your questions about the training. This unique approach has a wide range of applications, which you will begin to appreciate over these three days.

Attendance at a Three-Day Course is the first step of the application process.

Three-Day Course dates are:

- Friday 9th – Sunday 11th November 2018 (Hassocks)
- Friday 25th – Sunday 27th January 2019 (Ditchling)
- Friday 29th – Sunday 31st March 2019 (Ditchling)
- Friday 17th – Sunday 19th May 2019 (Hassocks)
- Friday 28th – Sunday 30th June 2019 (Ditchling)

The cost is £225.00 (£75 deposit payable on booking a place).
We recommend that you book early as space is limited.

BOOKING FORM
Please book me onto a Sussex 11 Three Day Course

NAME

ADDRESS

.....

EMAIL

TEL

Please state which dates you
are booking for:

.....

Bank transfers to: Sort Code: 20-12-75 Account Number: 90299944 (please use name as reference)
IBAN: GB96 BARC 2012 7590 2999 44; SWIFTBIC BARC GB22
Cheques payable to: Feldenkrais ITC Ltd