

January 2010

Dear Perspective Student,

Mia Segal and I created MBS Academy in order to spread the knowledge and teaching of the mind body connection, referred to as MBS Practice, to everyone.

Our Foundation Training is designed to pass on the knowledge Moshe Feldenkrais taught Mia and embodied in myself since my youth. Knowing only the way in which he passed on the knowledge to us, we have been passing it on to students for centuries.

After years of training, Mia has learned to understand what the students need to succeed. With my assistance, explanations and clear descriptions have become a core value of our Foundation Trainings. We have developed a curriculum that trains students to become competent practitioners in only 90 days.

Our curriculum has been structured in such a way that we start at the beginning, continuously adding on to past lessons, so each student can feel comfortable and confident as practitioners.

We believe by becoming AWARE of the philosophies behind Mind Body Studies, practitioners are able to perform the work in a more meaningful way; thus, we begin with teaching HOW an ATM is constructed, including the concepts behind the ATMs, how every movement within the ATM feels and the results they create. By dissecting and truly understanding ATM's, one can master an FI. An FI, by definition, is simply the integration of the functions within ATM's.

A student once said to us, "Mia, I thought if I learned your ATMs word for word, and followed your FIs step by step, I would be as great of a practitioner as you. But then I realized, it's about the knowledge and understanding of WHY you choose to do what you do, when you do it."

We believe that to reach one's highest potential, one needs to first learn the stepping-stones for success. We understand that students need guidance and mentoring in learning how to create their own stairs, and with our system, students are given the opportunity to reach their highest potentials, professionally and most importantly personally.

Year after year, our system has proven successful with hundreds of trained practitioners creating successful practices, advancing their careers within numerous fields, and becoming trainers and mentors to numerous other practitioners.

Sincerely,

*Leora Gaster
Co-founder*

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Mind Body Studies **Professional Foundation Training**

Course Format

MBS Professional Foundation Training is a 90 day course offered in (10) nine day seminars, 3 times a year for 3 1/2 years. Each 9 day seminar meets from Saturday to the following Sunday.

The next United States MBS Professional Foundation Training begins in Europe Spring 2011. Below are the following dates of the training:

- Seminar 1: April 9-17, 2011
- Seminar 2: July 9-17, 2011
- Seminar 3: November 12-20, 2011
- Seminar 4: Spring 2012
- Seminar 5: Summer 2012
- Seminar 6: Autumn 2012
- Seminar 7: Spring 2013
- Seminar 8: Summer 2013
- Seminar 9: Autumn 2013
- Seminar 10: Spring 2014

Course Content

MBS Professional Foundation Course addresses the two components of Mind Body Study Practice - Awareness Through Movement™ and Functional Integration™ - and is created to merge the two approaches experientially.

Awareness Through Movement (ATM)™

Highly varied, interesting movement sequences, that focus on guided attention and awareness of process, evoking patterns of neural, thought and action connections. Each student works at his or her own speed and level of ability.

Functional Integration (FI)™

Nonverbal, gentle and precise individual re-education of the nervous system, through touch and movement, utilizes neurological patterns and connections.

MBS Professional Foundation Course also incorporates theory as well as practical applications and background information in anatomy, physiology, neurology and the philosophy behind Mind Body Studies Practice.

Location

The next United States training, beginning Spring 2011, will take place in Los Angeles, California. The training will take place at the Olympic Collections Conference Center, located only 10 miles from the Los Angeles International Airport. There are numerous accommodations and restaurants within the area.

**Please contact the MBS Representative in your area with questions:
Danielle Polfuss**

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Trainers

One Senior Teacher will be present at each seminar. A group of MBS Assistant Trainers stay with the same group throughout the training to ensure in-depth knowledge and understanding of each student's needs and abilities.

Senior Trainers:



Mia Segal

Mia was Dr. Feldenkrais' first assistant, collaborator and associate for sixteen years, after which together they trained students worldwide.

Mia is known for her unequalled mastery of the work and as a superb teacher. The unique design of her programs is testimony to her vast experience and leadership in teaching this method. Mia is committed to ensure that this work continues in the essential and powerful form it was developed with her by Dr. Feldenkrais during their many years of collaboration and friendship. Mia has been acclaimed worldwide as the standard bearer for the applications and philosophy of the Feldenkrais Method™.



Leora Gaster

Leora, raised personally under the guidance of Dr. Feldenkrais and Mia Segal, has extensive knowledge in Mind Body Studies. Leora Gaster developed the curriculum and methodology for MBS Academy. She has been teaching Mind Body Studies Practice internationally for over three decades, written the comprehensive set of manuals and 'Core Principles'® of the MBS Practice and has produced video and audio recordings illustrating its foundational elements and applications.

Student/Teacher Ratio: In MBS Academy's pursuit to empower and enable students, there is an emphasis on mentoring by the faculty, including a team of highly trained assistants and coaches, with one trainer to every 8-10 students.

Prerequisites/Application Process

Enrollment is open to anyone interest in developing his/her personal and professional skills through learning the Mind Body Studies Practice.

Please submit the enclosed application form to MBS Academy. Enrollment is limited, and MBS Academy trainings are typically full to capacity. Applicants will be notified of acceptance by the respective MBS Center Representative.

Tuition

Tuition for each seminar is \$1500.00. Payments must be submitted 2 weeks prior to seminar and can be made by credit card or bank transfer. MBS Academy offers various payment plans, please contact respective MBS Center Representative for details.

Certification

After the first year (27 days), students may begin teaching *Awareness Through Movement (ATM)*™ classes. Upon successful completing the 90 day MBS Academy Professional Foundation Course, students will be awarded MBS Practitioner Certification and be qualified to teach both *Awareness Through Movement (ATM)*™ and conduct *Functional Integration (FI)*™ lessons. At this time, students will also be added to MBS Academy's Directory and join the ever growing international community of MBS Practitioners.

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Please Mail Applications and Contracts to:
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