

"Mia and Leora were always demystifying and making the complex easy to do and understand."



Professional Foundation Course

The **MBS Academy** Professional Foundation Course is the first major step to learning the practice of **Mind Body Studies**. Upon successful completion of the 90-day **MBS Academy** Professional Foundation Course, students will be awarded **Mind Body Studies** Practitioner Certification. In only three years, **MBS Academy** graduates will feel confidence in their understanding and their ability to practice **Mind Body Studies**. In addition, Students may begin teaching Awareness Through Movement (ATM)[™] Classes after the first year. By the end of the third year Students are qualified to teach both Awareness Through Movement (ATM)[™] and Functional Integration (FI)[™].



Mia Segal
Educational
Director



Leora Gaster
Program Director

Your benefits:

- Become knowledgeable and competent in the increasingly popular complimentary medicine field.
- Understand and transform the underlying habits that create physical pain, stress, and strain.
- Improve your posture, flexibility, coordination and a greater ease of movement.
- Become part of an extensive, international network of MBS Academy Practitioners striving to make a difference in the wellbeing of others. And many more...

Trust in half a century of teaching experience!

Mind Body Studies Academy is the premier teaching center for **Mind Body Studies Practice**. **Mind Body Studies** is the exploration of the inter-connection between brain and behaviour as the key to optimizing well-being and realizing our full human potential. It is the philosophical inspiration and underpinnings to the practice that we teach at **MBS Academy**. Dr. Moshe Feldenkrais' lifelong **Mind Body Studies** inquiries examined the links between thought and movement to develop ability in body, brain and mind. These studies led him to create a practical method for accessing the thought/movement link, leading to continuous systemic (mind/body) improvement.

For more information and to register, visit www.mbsacademy.org

DATES Upcoming:

Los Angeles, California
Spring 2011

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