

Feldenkrais Method

Certified Feldenkrais-Informed Movement Facilitator (CFMF)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$3,800
- " In-person training: 12 days (96h)
- " Live cohort calls: 3 days (12h)
- " Supervised practice: 90h
- " Immersion stage: 4 days (32h)
- " Portfolio + jury: 50h
- " Total: 280h (~35 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " Core principles of Awareness Through Movement
- " Leading group ATM lessons confidently
- " Foundations of Functional Integration on the table
- " Reading and supporting student movement in real time
- " Designing classes for varied populations and goals
- " Building a movement-facilitation practice

Curriculum modules

Module 1 Foundations

Feldenkrais principles, somatic learning, scope.

Module 2 Awareness Through Movement

Class structure, sequencing, and pace.

Module 3 Functional Integration foundations

Hands-on, table-based work informed by FI.

Module 4 Special populations

Adapting work for older adults, athletes, dancers.

Module 5 Teaching craft

Voice, language, holding a movement room.

Module 6 Practice & business

Pricing, partnering with studios, supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.