

# International Feldenkrais Training Program

## Chiemsee 9

Fraueninsel Chiemsee / Germany

July 2018 - August 2022

## International Feldenkrais Teacher Training Chiemsee 9

In a wonderful impressive landscape Artem International Feldenkrais Trainings GmbH offers you an in depth Feldenkrais Teacher Training Program with international accreditation. We support your somatic learning process where you discover your personal resources and transfer them into every day life.

Jerry Karzen/Hawaii, the educational director of the program, is one of the most experienced senior trainers. He assisted and accompanied Dr. Moshe Feldenkrais in the development and application of his method and has more than 35 years of experience.

### Dr. Moshe Feldenkrais (1904 - 1984)

combined his expertise in physics, engineering, martial arts as well as his knowledge in the fields of biomechanics, neurology, physiology and psychology with rigorous observation of how human behavior and movement patterns relate to our innate capacity to learn and act easily and efficiently. The practical result is the Feldenkrais Method, a unique system of human growth and resources for action.

### The Feldenkrais Method

Learning is what we do, if we don't know what to do. (Guy Claxton, Wise up)  
We have an innate capacity to learn. As children we curiously find out so many things, completely absorbed in an activity, with all senses. In the beginning we don't know much, everything is new. Again and again we attentively try new possibilities and: learn! And also have fun!

As adults we seem to know everything already. But the state of not-knowing is a precious moment for learning. Movement is the means. Most people, at first, find surprising the idea that they can learn to act more efficient and comfortably and at the same time increase their flexibility. And this simply by paying attention to the entire process involved in performing any given movement and exploring the sensations they experience while doing so.

Awareness and movement as the basis of thinking and knowledge are a precondition for every original learning process. In movement we experience knowledge and pass it on, in movement theoretical knowledge and practical know how connect into a learning culture in motion.

During the training you rediscover your own innate, childlike curiosity and improve your capacity to learn by involving every aspect of yourself.

The Feldenkrais practitioner teacher/ Training is an investment into the fullness of your own know how and knowledge. Practical and theoretical knowledge about our own learning ability and our potential to act in the world are equally part of cultural basics like reading and writing. Many have already grasped that.

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feldenkrais  
sense    feel    think    act  
create choices

## Team

### Educational Director and Trainer

**Jerôme „Jerry“ Karzen** USA/Hawaii

Jerry Karzen is a graduate of the 1977 San Francisco Training with Dr. Feldenkrais. Jerry studied with Dr. Feldenkrais at the Feldenkrais Institute in Tel-Aviv. When they lived together between 1976 and 1984, Jerry was Moshe Feldenkrais' personal traveling companion, secretary and close friend. He assisted in the editing of Dr. Feldenkrais' last two books (The Potent Self and the Elusive Obvious, and directed, or himself videotaped, 95 percent of all existing tapes of Dr. Feldenkrais' private Functional Integration® lessons. Jerry was chosen by Dr. Feldenkrais before his death, to be a trainer in 1982. He has served as the Educational Director in over 35 programs world-wide, and is currently the Educational Director for programs in Brasil, and Germany. At the request of Dr. Feldenkrais, Jerry organized and administered his last training program, and also at his request, was the first Executive Director of the Feldenkrais Foundation. He has also served as President of the North American Feldenkrais Guild®.

Jerry's trainings are known for their informal, humorous, relaxed atmosphere. He allows a lot of latitude for personal exploration and teaches the Feldenkrais Method with the virtuosity and ease that comes with long experience. His background in philosophy and health care together with his enormous experience (+35 years) in somatic education opens a broad view onto the Method and its application. This creates a unique and high quality for each students personal learning process. His profound knowledge of Dr. Feldenkrais thinking and work, as well as his expertise about the FI lessons and ATM lectures on the original video tapes offers our students a unique and authentic learning process.

Jerry Karzen has been the educational director of all International Feldenkrais Trainings at the lake of Chiemsee/ Fraueninsel. He creates the format and defines the structure of the entire training program. He will teach up to 50 % of the training.

### Assistant Trainer and Organization

**Anna Karin Engels** Germany/Köln  
Certified Assistant Trainer

graduation in the Feldenkrais Training Program 1992/Hamburg with Educational Director Jerry Karzen.

Anna accompanies since 1998 all 8 Chiemsee Training programs as very experienced Assistant Trainer and organizer.

University Diploma in physical education/sport science, therapist in rehabilitation and health prevention (Deutsche Sporthochschule Köln) .University degree in fine arts and biology, movement theatre. Over 7 years practice in Butoh dance, music and dance, performing arts, yoga and meditation practice. Runs her practice for „somatic balance –Feldenkrais-Idiolectic -Sportsscience“ in Cologne for over 28 years. Develops seminars e.g. Feldenkrais & language, voice, music, fine arts, performance and health prevention, stress reduction and resilience, Feldenkrais in your job in Germany and worldwide. Work Experience in integrating the Feldenkrais Method into the field of learning therapy with children (ADHS), Psychotherapy, Music, Theatre, sports, rehabilitation. Supervision for students and practitioners of the Feldenkrais Method. 1992-1996 member of the BOD of the Feldenkrais Guild/Germany. Trainer and Counselor for Idiolektik® (communication skills) since 2000.

She practices the Feldenkrais Method with people and students of all backgrounds in life, who are curious to move, to discover their resources, to think in new directions and want to become aware.

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## The Venue

Frauenchiemsee is a beautiful island situated in the middle of the Chiemsee / Bavaria with a convent dating from the middle ages. Our training takes place in the gymnasium of the convent outside the convent walls, and just a few steps from the lake. Learning becomes a pleasure in a protected, car-free and peaceful surrounding, in the middle of the lake with a fantastic view onto the Chiemsee lake and the Alp Mountains.

The schedule allows students to participate in the training program and also enjoy the countless nature activities available, like mountain hiking, swimming and sailing.

Munich and Salzburg are nearby for more cultural pursuits.

For first impressions of the region:

[www.chiemgau-online.de](http://www.chiemgau-online.de) or [www.gstadt-am-chiemsee.de](http://www.gstadt-am-chiemsee.de)

## Island – Information

### Shopping

„Inselladerl“: a tiny little shop in the middle of the island offers an astonishing variety and the possibility to order everything from the offer of the main supermarket on the mainland to the following day.

Opening hours: open 4 - 5 times a week. The hours can change. Check at the shop.

Thursdays: fruit and vegetable stand. Butcher stand.

Tuesdays and Fridays: Baker-van until 9 a.m.

Restaurants on the Island: Linde, Klosterwirt und Inselwirt, Cafe Gini, Fritz's Biergarten and some other small beergardens also offer Chiemsee-fish. You can get the delicious Renken-roll with smoked Chiemsee-fish from the fishermen on the island. Opening hours of the restaurants vary according to seasons.

In Gstadt : Small supermarket, bakery, post office, bank with ATM.

In Prien you find all kinds of supermarkets and shops and a organic-food-shop. Or you can go to Traunstein by bus or car. Salzburg is only one hour by car and almost 2 hours if you take the train from Prien.

Bike and boat rental in Gstadt and everywhere around the lake.

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### Training Schedule Chiemsee 9

<b>Year 1</b>	<b>2018</b>	days	
Segment 1	July 27 – August 7, 2018	10 days + 2 days off	Jerry Karzen
Segment 2	October 23 – November 02, 2018	10 days + 1 day off	Jerry Karzen
	<b>2019</b>		
Segment 3	April 23 – May 11, 2019	15 days + 4 days off	Julie Casson
Segment 4	September 22 – 26, 2019	5 days	Jerry Karzen
<b>Year 2</b>			
Segment 4	September 28 – October 2, 2019	5 days	Jerry Karzen
Segment 5	October 22 – November 8, 2019	15 days + 3 days off	Lior Pessach
	<b>2020</b>		
Segment 6	April 13 – May 1, 2020	15 days + 4 days off	Jerry Karzen
Segment 7	August 13 – 17, 2020	5 days	Ulrike Apel
<b>Year 3</b>			
Segment 7	August 20 – 31, 2020	10 days + 2 days off	Ulrike Apel Practicum
Segment 8	October 8 – 19, 2020	10 days + 2 days off	Ruty Bar
	<b>2021</b>		
Segment 9	April 5 – 23, 2021	15 days + 4 days off	Ilan Jacobsen
Segment 10	August 12 – 16, 2021	5 days + 2 days off	Jerry Karzen
<b>Year 4</b>			
Segment 10	August 19 – 30, 2021	10 days + 2 days off	Jerry Karzen
Segment 11	October 14 – 25, 2021	10 days + 2 days off	Jerry Karzen
	<b>2022</b>		
Segment 12	April 18 – 29, 2022	10 days + 2 days off	Jerry Karzen
Segment 13	August 11 – 22, 2022	10 days + 2 days off	Julie Casson Certification
	(This information is supplied without liability)	160 days	

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### Training Chiemsee 9 Final Tuition:

€ 108,00 per training day.

€ 4.380,00 per training year (40 days). Food and accommodation are not included.

<b>Year 1</b>	Dates	days	Fees	Date of payment
Segment 1	July 27 – August 7, 2018	10 days	1.080 €	13.07.2018
Segment 2	October 23 – November 02, 2018	10 days	1.080 €	09.10.2018
Segment 3	April 23 – May 11, 2019	15 days	1.620 €	09.04.2019
Segment 4	September 22 – 26, 2019	5 days	540 €	08.09.2019
<b>Year 2</b>				
Segment 4	September 28 – October 2, 2019	5 days	540 €	08.09.2019
Segment 5	October 22 – November 8, 2019	15 days	1.620 €	08.10.2019
Segment 6	April 13 – May 1, 2020	15 days	1.620 €	30.03.2020
Segment 7	August 13 – 17, 2020	5 days	540 €	30.07.2020
<b>Year 3</b>				
Segment 7	August 20 – 31, 2020	10 days	1.080 €	30.07.2020
Segment 8	October 8 – 19, 2020	10 days	1.080 €	24.09.2020
Segment 9	April 5 – 23, 2021	15 days	1.620 €	22.03.2021
Segment 10	August 12 – 16, 2021	5 days	540 €	29.07.2021
<b>Year 4</b>				
Segment 10	August 19 – 30, 2021	10 days	1.080 €	29.07.2021
Segment 11	October 14 – 25, 2021	10 days	1.080 €	30.09.2021
Segment 12	April 18 – 29, 2022	10 days	1.080 €	04.04.2022
Segment 13	August 11 – 22, 2022	10 days	1.080 €	28.07.2022
<b>Total</b>	(This information is supplied without liability)	<b>160 days</b>	<b>17.280 €</b>	

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## The Curriculum

I hear and I forget  
I see and I remember  
I do and I understand

The Training Program covers the two basic aspects of the Feldenkrais-Method.

### Awareness through Movement (ATM)

Moshe Feldenkrais developed more than 2000 basic ATM-lessons. Each student individually explores and experiences the enormous spectrum of human learning capacity through movement at his/her own pace in a group setting. Sense, feel, perceive, compare, differentiate, directing awareness, move mentally, think, experiment: our possibilities for action newly expand.

In these ATM-lessons Moshe Feldenkrais put learning principals into action like: differentiation, restriction, variation, options. Lessons include developmental patterns as manifested in babies and infants, as well as movements involved in sports, dance and the martial arts: the full potential of learning through movement.

### Functional Integration (FI)

This gentle, non-invasive hands-on exploration between practitioner and student offers an enormous potential for growth. Each student gets 12 individual FI's from the staff and as a minimum 1 trainer lesson during the program, either before or after class or sometimes during class lessons.

The Curriculum includes

- 'do and understand': expanding the own capacity to learn by intensive experience of ATM and FI
- Developing self-perception and the perception of others
- Refining sensory perception, movement perception and the perception of emotions
- Developing awareness for motor and sensory phenomena and their complex configurations in oneself and related to others
- Improving significantly the own movement abilities by reducing effort and creating options in the learning process.
- Explore mutual connections between ATM and FI and integrate this knowledge into the own teaching of ATM and FI
- Developing and experiencing a rich repertoire and a variety of movement variations
- Supervised teaching of ATM and FI including supporting feedback
- Developing and increasing the understanding of ' and 'somatic' learning
- Understanding the vast variety of human learning possibilities
- Understanding the dynamics of learning and the potential of the learning process and the Feldenkrais learning theory
- Becoming aware of the intention within every action
- Understanding developmental movements and the basic functions of learning
- Understanding that independent thinking and the meaning and the function of choices are a necessary prerequisite for continuous learning
- Learning how to integrate thinking and acting more in a non-linear way and less in a 'cause and effect' way
- Experiencing and understanding what a function is and how the function is related to the individual in gravity and its environment
- Understanding self directed learning as a prerequisite for individual and social capacity to act

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Discussions of the theoretical background of the Feldenkrais work, videotaped ATM and FI-lessons and lectures by Moshe Feldenkrais are equally integrated in the training as functional anatomy, physiology, kinesiology, neurophysiology and ethics. Communication skills for the interview with clients and business tips for building a practice are offered additionally.

#### Diploma and Accreditation

Graduates of the Chiemsee Feldenkrais Programs are qualified to become teachers of the Feldenkrais-Method. Participation does not automatically guarantee graduation. Between the second and third year of the training students can get permission to teach ATM classes to the public, by mentioning their student status. The ATM teaching permission is part of the individual learning process and only stays valid after completing the full four years of the training program. After the 4 year program graduates may give FI-lessons.

The training is accredited by the German Accreditation Board (DTAB) and recognized worldwide by Feldenkrais Professional Associations who are members of the International Feldenkrais Federation (IFF).

Graduates are eligible to become members of a national guild or association and to use their service marks.

#### Language

The Training is conducted in English. German and English speaking assistants and/or experienced practitioners will accompany you throughout the whole of the training. Summarized or sometimes simultaneous translation into German is offered at request.

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## FAQ

### Schedule, costs, application?

You find all the important basic information about the training program like 'First Steps introductory days', venue, schedule, tuition, curriculum, language, application here and also on our websites [www.feldenkrais-training-program.com](http://www.feldenkrais-training-program.com) & [www.artem-feldenkrais.de](http://www.artem-feldenkrais.de).

Tuition: 108 € per training day. 4320,00 € per training year (40 days).

Some workscholarships are available.

Please contact us if you need more information.

### Can everybody take a training?

In general – yes. You should of course have had sufficient experience with the Feldenkrais-Method (ATM classes and FI lessons), are learning or have learned a profession, and feel physically, mentally and emotionally in a condition to take a professional training of 5-6hrs per day. We figure that physical handicaps are a good precondition: handicaps and mistakes are treasures. This program is offered as a practitioners training program. It is your choice, if you will integrate this knowledge into your original profession or if you become a Feldenkrais practitioner or if you use the Method for self-experience .

### How is the training structured?

Year one and two focus more on somatic learning and selfexperience in Feldenkrais® AWARENESS THROUGH MOVEMENT (ATM). Moshe Feldenkrais has developed a whole variety of lessons (ca. 2000) for somatic learning.

A major part of these lessons will be offered by the trainer/assistant trainer and sometimes on videotape

from the Amherst-Training by Dr. Feldenkrais himself. These lessons are the basis for teaching the method to others.

From the very beginning FELDENKRAIS® FUNCTIONAL INTEGRATION (FI) will be part of the instructions, so you can experience and learn how both parts of the method are connected with each other.

In year three and four the training will focus more on FUNCTIONAL INTEGRATION (FI) while AWARENESS THROUGH MOVEMENT (ATM) stays an integral part of the teaching.

### How is a training day structured?

In general the training is 5 hours a day , additional FI (Functional Integration individual) lessons could be observed after class, before, after or sometimes during these main teaching hours and during lunchbreak. Training-FI's will be given, where students can watch. Instructions include ATM's, FI, talks, video tapes (Amherst and FI's) and are designed along the demands and the needs of the students.

In the beginning of each training segment the daily schedule will be fixed by the trainer. We mostly start at 9:15 a.m. and end in the afternoon depending on the length of the noon break at 16:15. The 1st day of each training week starts at 12:15 and ends at 17:15. The last day of each training week goes from 09:15 until 12:45.

### Who is teaching?

The educational director Jerry Karzen, will teach up to 60 % of the training. To experience a whole range of personalities and styles the other training segments will be taught by guest trainers (4-5). The trainer will be assisted by an assistant trainer if required and experienced practitioners. Training FI's will be given by trainers , assistant trainers and members of the staff. Throughout the whole of the training the staff supports the learning progress of the participants. If you want or need a personal talk you can contact members of the staff. You can also contact them between training segments.

### Which training is the best for me?

A training is of course more demanding than a workshop. 5 hours of somatic learning daily are a challenge, which makes it even more important that you value the learning environment and most of all, the educational director and the staff, their learning style, and how they design the training. For a good decision in this sense , we invite you as a guest in one of our current trainings. Please contact us for the dates, or look on our website.

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### Theory?

Theoretical backgrounds, connections, concepts and questions are an integral part of the instructions. Students are expected to take own initiatives (e.g. form workgroups, pursue questions etc.) and study literature in between segments.

To provide an in depth training the educational director wants to dedicate a maximum of the limited time (160 days) to somatic learning.

Additional programs e.g. anatomy, neurology, communication skills, building up a practise, will be either integrated in the training or additionally offered for those who are interested.

### When am I allowed to work with the Feldenkrais-Method?

If you have successfully completed the first two years you can obtain the interim ATM-permission within the third year of the training. You can then teach Awareness through movement (ATM) as a part of your training and you need to mention your student status. If you have chosen to be a member of the Feldenkrais-Verband Deutschland e.V. you will be registered as a student member in the directory of the German Association.

After having successfully completed the fourth year of the training students get a certificate and are allowed to teach FELDENKRAIS Functional Integration (FI) and AWARENESS THROUGH MOVEMENT(ATM). You are allowed to become a member of a national Feldenkrais guild or association and to use their registered marks. As a full member of the Feldenkrais-Verband Deutschland e.V. you are allowed to use the name FELDENKRAIS® Practitioner FVD and to renew your licence.

Graduates from other countries could become members in their national association. Every graduate should know, that in certain states or countries professional practice may be subject to licensing laws, limiting their professional practice unless the graduate has a certain license.

### Exams?

Not in the traditional sense. A training offered by a free private school provides the learning space that allows somatic learning in the true sense of Feldenkrais Method without being stressed by the usual exams. The training process itself offers sufficient possibilities to trainers, assistant trainers and experienced practitioners to perceive and validate the learning progress of each student. (cumulative process) Every day of the training is part of the learning progress. At the end of year two there will be a „practicum“ giving students the possibility to teach two ATM-sequences under supervision and with supporting feedback. In the end of year four students will give two FI's under supervision and with supporting feedback.

### And if I have to miss some days or even a segment?

You may miss 5 days per training year but not more 10 days during the whole of the training. If you miss more than the allowed number of days, you make arrangements with the educational director to make up the missed time, either preferred in one of our training programs or in another training program on the same training level. (See your training contract for details). Think about a seminar /travel insurance, in case you cannot attend a segment because of illness, etc. ,it provides you from additional costs.

### And if I cannot continue or have to interrupt the training?

You can leave the training program any time giving notice within the time range you have agreed upon in your contract (6 months notice before a segment). As you have 7 years to complete the training (from your start date) you can continue the training later and complete it in one of our programs or another training program, which follows the international standards.

### And how are the payment modes?

**If you did not choose otherwise, you pay for the respective segment 4 weeks in advance at a due date (see contract). If you cannot pay in time you pay a late charge (see contract). You can contact Artem any time to find a mode of payment that fits for you. (installments, yearly or you pay the total sum for the 4 year program).**

**Some countries and companies offer financial support for employees – please look for information in your country.**

### To take the training I need a document for my company/institution

Just let us know what kind of document you need and we send it to you immediately.

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### **Accommodation?**

You make arrangements for your accommodation yourself. Various apartments and rooms are offered in Gstadt (north shore of the lake – 10 minutes by boat), Gollenshausen, Breitbrunn and Prien (20 min. by boat). Most training participants stay on the mainland and in or near Gstadt and share apartments. The accommodations on Fraueninsel are more exclusive and limited as it is a small island. The Benedictine abbey on Fraueninsel offers doublerooms for 27€ per night and person (2017). For online booking please see: [www.gstadt-am-chiemsee.de](http://www.gstadt-am-chiemsee.de). Please contact Artem to get more information about accommodations on the island.

### **Kids**

Please contact us, if you bring your kids and need information. Babies and kids are welcome to visit the training if they can play quietly or sleep. Depending on what is taught, older kids can also participate in the training.

### **Teaching material and tools – Do I need to bring them?**

No – have a carefree travel to Fraueninsel, just bring your comfortable cloth, shoes or warm socks for the hall and if you like, your own blanket or mat. ARTEM offers Feldenkrais tables, rollers and also mats and blankets at the place. You have the possibility to store your personal equipment over the 4 years in the hall.

### **Boat tickets**

As a student of the ARTEM International Feldenkrais Trainings, you will receive a student boat ticket, which will allow you to use the ferry boat with a 35% reduction (2017). Just show your ARTEM ticket at the caisse in Gstadt or Prien or on the boat and you will get your reduced ticket during the training segments.

### **And how do I learn and remember the contents of the segments?**

Learning by doing - somatic learning is a non linear learning process (e.g. learn to ride a bicycle). Nevertheless we suggest to discuss with your classmates after class what we did during the day, or collect, write, draw or make fotos in your learning group in order to reflect and remind the themes. Make your teaching experience at home with friends or class mates between the segments.

MP3 recordings of the ATM lessons and talks will be given to every student at the end of each segment only for your own learning process and reflection at home.

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## Accommodation Fraueninsel – Gstadt and Surroundings

This list gives a limited choice. A complete list can be ordered from  
[Tourist Info, Seeplatz 5, D - 83257 Gstadt](#)  
 Phone: +49-(0)8054 - 442; Fax: +49-(0)8054 – 7997  
[info@gstadt.de](mailto:info@gstadt.de); [www.gstadt.de](http://www.gstadt.de); [www.chiemsee-inseln.de](http://www.chiemsee-inseln.de)  
 A list for the Fraueninsel: Tel: 0 80 54 - 92 16 und 9 03 90 ([www.fraueninsel.de](http://www.fraueninsel.de)).  
 Prices change e.g. according to seasons.

If you stay on the Fraueninsel the reduction you get on the boat between Gstadt and Fraueninsel (10 min.) with the guest-card of your landlord/lady is the same as with 'ARTEM-Ticket- around 35%' (only for training participants and make-up students more than 5 days).

Frau Lösch	+49-(0)8054 - 420	2 double rooms.
Schubeck	+49-(0)8054 - 7057	Apartment, kitchen, bathroom.
<b>Rooms/ Apartments in Gstadt</b>		
Heistracher	+49-(0)8054 - 7397 or +49-(0)8054 - 9136	rooms and apartments
Alexandra Kugler	+49(0)89-35663044 +49-(0)8054 - 283	apartments for 2-6 people, kitchen, bathroom, terrace, sauna, at the lake, ca. 12 min. to the boat.
Gästehaus Schneider	+49-(0)8054 - 7191	4 double rooms with kitchenette 10 min.to the boat.
Gästehaus Stocker	+49-(0)8054 - 657	diverse apartments.
Reichl	+49-(0)8054 - 313	several apartments, also apartment with kitchenette.
Obinger Maieralmweg	+49-(0)8054 - 338	6 apartments.
Ferienresidenz ChiemseeStern	+49-(0)8054 - 906690 fax: +49-(0)8054 - 9066955	<a href="mailto:info@chiemseestern.de">info@chiemseestern.de</a> , <a href="http://www.chiemseestern.de">www.chiemseestern.de</a> very nice apartments, higher standard.
<b>Rooms/ Apartments on Fraueninsel</b>		
Baumann (Junior)	+49-(0)8054 - 7572	small apartment: bedroom+ kitchenette.
Peter Holzmayer	+49-(0)8054 - 328	double and single rooms, kitchen to share
Christa Degler	+49-(0)8054 - 348 089-8631225	(dog in the house) very small single room / single room with kitchenette in the basement, double room with living room.
Klampfleuthner	+49-(0)8054 - 824	Double and single rooms.
Lanzinger	+49-(0)8054 - 329	apartments for 2 – 3 people and guest rooms.
Abbey	+49-(0)8054 - 7644	Rooms double 27€/p.P./single 30€ Hotel standard 45/55€
Wörndl	+49-(0)8054 - 7259	small apartment.

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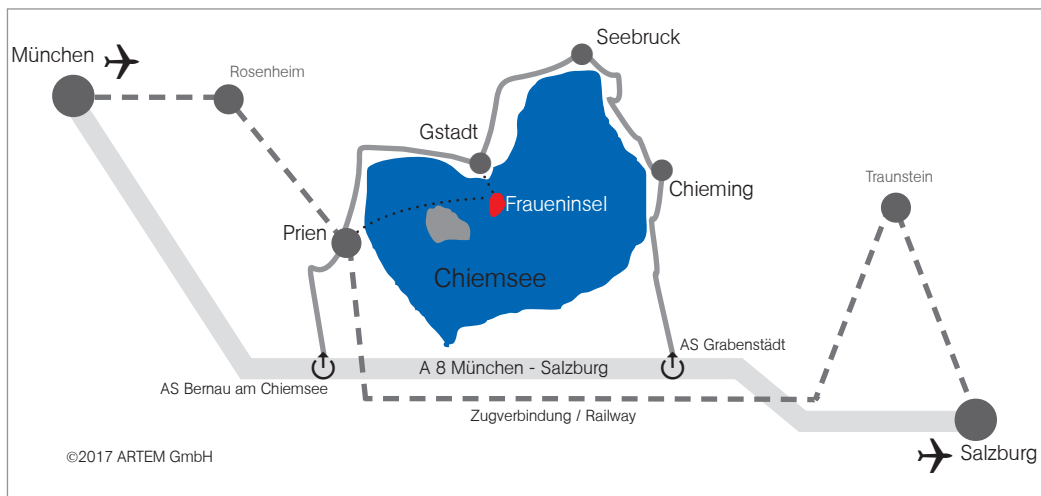
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## How to get to Fraueninsel/Chiemsee

Distances to the boat and on the island are not far, but you might be happy if your luggage is on wheels. [www.chiemsee-inseln.de](http://www.chiemsee-inseln.de)

### By plane

At Munich airport (Franz-Josef-Strauß) follow the green-and-white „S“-Bahn sign.

Before you go down to the S-Bahn buy your ticket to Prien from the machine or at the counter.

Take the S-Bahn (every 10 min.) to Munich „Ostbahnhof“ (30 min.)– where you change trains and continue by train to Prien (1 hour).

### By train

From Munich or Salzburg/Austria go to Prien / Chiemsee

From Prien train station to Fraueninsel

From Prien station you go to Prien-Stock, which is at 20 min. walking distance, or take a taxi (7 €), or the historical little train (only in summer) or the bus (in winter).

From Prien-Stock take the boat to Fraueninsel (30 min.).

Please get the information about the boat schedule beforehand, because boats to the Fraueninsel after 5 p.m. go only in summer. [www.chiemsee-schiffahrt.de](http://www.chiemsee-schiffahrt.de)

If you arrive later in the evening:

Take a taxi (15 min.) or the bus to Gstadt, and continue by boat to the Fraueninsel (10 min.)

### By car

Go to Gstadt at the northern shore of the Chiemsee. The Fraueninsel is car free, you park your car in Gstadt. Parking possibilities: straight ahead coming into Gstadt from Prien, or continue downhill to the house on the right before the ice-cream place and park at Pletzenauer, or after that, turn right and after 50 m you find Rappl parking. They all charge a daily fee.

Continue by boat to Fraueninsel.

Information about the boat schedule: [www.chiemsee-schiffahrt.de](http://www.chiemsee-schiffahrt.de)

It is no problem to go to the island in a wheelchair. In the Abbey there is a room for the disabled, (escalator). In the training hall there is a toilet for the disabled

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## Application

### Who may apply?

The training is designed for people from all walks of life and diverse ages, but will be of particular interest to people who are already working in areas where movement or learning are involved:

performing and visual artists, musicians, actors, dancers, athletes as well as teachers, sports trainers, IT-professionals, health professionals, physical and occupational therapists, psychologists, medical doctors. Anybody wanting to improve the quality of their work, or looking to develop the art and craft to practice the Feldenkrais Method is encouraged to apply.

If you wish to apply and would like more detailed information about the training, please contact ARTEM International Feldenkrais Trainings GmbH, [www.artem-feldenkrais.de](http://www.artem-feldenkrais.de)

### To apply include:

Application form (see last page of the info pdf)

Curriculum vitae with a short description of your educational background (formal and self-taught) and work experience.

A brief description of your experience with the Feldenkrais Method and why you wish to take the training.

Two letters of recommendation (from a Feldenkrais practitioner or other teachers or persons who know you personally and can recommend you for the training) or one visit in our current training program, so we can get to know you.

Two recent photos (digital if possible)

Application fee 80 EURO (nonrefundable), please send the fee to our bank account (see below) with the application.

Applications will be processed on a „first-come-first-served“ basis. If accepted, you will be notified within 4 – 6 weeks.

The final costs are € 4.320,00 per training year (€ 108,00 per training day),

Accommodation / food /transport are not included.

A variety of payment plans are available (installments, per segment, yearly or total payment of the whole program).

### ARTEM

International Feldenkrais Trainings GmbH

Administrative director and organizer:

Anna Karin Engels

Herkenrather Straße 78

D-51465 Bergisch Gladbach

Handelsregister: Köln

HR Nr.: HR B 79284

+49 02202 1893459

+49 0171 4023358

[ake@artem-feldenkrais.de](mailto:ake@artem-feldenkrais.de)

[www.artem-feldenkrais.de](http://www.artem-feldenkrais.de)

### Bank account:

ARTEM GmbH

Postbank Hamburg

Account No: 798167-204

IBAN DE 02 2001 0020 0798 1672 04

BIC: PBNKDEFF

Feldenkrais  
Training Program

Team

Venue

Training Schedule

Curriculum

FAQ

Accommodation

How to get there

Application

**Application Form**

**International Feldenkrais Training Chiemsee 9 / Germany 2018 – 2022**

ARTEM  
International Feldenkrais  
Trainings GmbH  
Managing Director:  
Anna Karin Engels  
Herkenrather Straße 78  
D-51465 Bergisch Gladbach  
Trade register: Köln  
HR Nr.: HR B 79284  
+49 02202 1893459  
+49 0171 4023358  
ake@artem-feldenkrais.de  
www.artem-feldenkrais.de

Name.....

Surname.....

Date of birth..... Place of birth.....

Street.....

Country..... Zip Code..... City.....

Telephone \daytime..... \evening.....

mobil..... E-Mail.....

These data will be given to the DataBase of the DTAB (German Training Accreditation Board) containing all Feldenkrais-students and practitioners.

These Data can be given to other training-participants who want to get in contact with me.

- Yes                       No

I am working

- employd                       freelance  
 other status .....

Mode of payment

- Per segment                       yearly  
 payment by instalments

Place..... Date.....

Signature.....