



Feldenkrais European  
Training Accreditation Board

**EuroTAB**

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Dear EDs & organizers,

We hope that you are doing as well as possible in the current circumstances.

It has been very interesting and informative to hear from many of you concerning your adaptations for dealing with training segments at this time. There have been many creative ways of using online technologies —

- watching & discussing videos of Moshe giving FIs at Amherst
- reversing the usual process, by exploring ways of turning FI into ATM
- possibilities of self-FI (for limited techniques, clearly)
- trainers teaching online to students who are able to meet and touch

These are only a few of the solutions that we have heard of.

We do hear of the strong feeling of trainees, as well as of teachers, that attention must be given to the very different intensity and demand made by online teaching. It seems clear that the normal five-hour live teaching day does not translate comfortably into a five-hour online day. Instead, it seems necessary to spread the hours over a greater number of days. What is the maximum number of hours feasible? Some find as many as four, others prefer less. It would depend on the number of consecutive days.

We also hear that it is very helpful to have fewer consecutive days. To reiterate: we strongly suggest less than five hours per day, and even less than five days consecutively.

We continue to urge caution over plans to do more than 75 hours (15 usual days) of teaching online. Trainees clearly feel that online teaching, while a helpful and even necessary adjunct to live teaching, does not communicate the essence of the Feldenkrais Method. Of course we do not know how long current restrictions on meeting and touching will persist, but nevertheless, we urge you to think twice about your scheduling.

Please do continue to inform us of your plans. And stay well in the face of this adversity!

Sincerely,

A handwritten signature in black ink, appearing to be 'F. Armand', written over a horizontal line.

F. Armand  
Chair of EuroTAB  
On behalf of the EuroTAB

**ETAB Current Members 2020:**

*Franck Armand, Raz Ori, Scott Clark, Ohad Nachmani, Simone Roloff, Dilan Pillai*