

April 2022

Join our Community: the Feldenkrais Guild® of North America

Being in your training is a wonderful time of exploration and discovery. Whether you anticipate becoming a Certified Feldenkrais Awareness Through Movement Teacher^{CM} and practicing professionally, or you have taken the training for personal growth and enhancement, the Feldenkrais Guild® of North America (FGNA) is available to you.

We are a community with the common factor of participation in Guild accredited Feldenkrais® training. We come from all walks of life and around the globe to share the Feldenkrais Method® of somatic education experience. The international community, represented by the [International Feldenkrais® Federation](#), is a network of 20 Guilds/Associations spanning the world.

FGNA represents both trainees and practitioners. **Become a trainee member now, for FREE.** Information about the [benefits](#) of this membership and the process to join is [online](#).

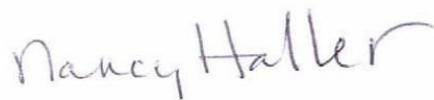
As a trainee member, you will gain connection to your Feldenkrais community through your FGNA [region](#). Your region may have study groups, libraries, and community events. The region sends periodic newsletters which include updates of the community activities and resources.

Be sure to read the most current copy of our monthly newsletter, which shows some of the benefits of the Feldenkrais Method, [SenseAbility](#).

As questions arise, please [contact us](#). We are here to help!

Now is a great time to enjoy the fellowship of the community of others who have been on this journey of self-discovery and professional enhancement.

Welcome!



Nancy Haller, President