

**Guiding questions and topics** for personal conversations with Feldenkrais clients (EG2) after at least 4 years of participation in public courses to describe the personal learning process.

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1. What was your motivation to begin the first course? What prompted you to start exploring the Method?
2. What expectations did you have at the beginning of the first course, what expectations were fulfilled, which were not?
3. Were there any experiences in the courses that resulted in changes for you?
4. What was especially helpful and supportive for your personal learning process? Where would you have wished for more support?
5. Have your dealings with yourself, your feelings, your thinking and your body changed? If so, what impact do these changes have on your life?
6. What qualities have you discovered in yourself and others?
7. Which newly discovered qualities do you try to live in everyday life?
8. How have your relationships with individual group members changed over the years? How did you perceive the cooperation in the whole group? What role did the group play in your learning process?
9. What fascinates you about the Method?
10. What would you like to do with what you have learned in the future?