

How to get the most out of
Feldenkrais Awareness Through Movement® Lessons

*"What I'm after isn't flexible bodies, but flexible brains.
What I'm after is to restore each person
to their human dignity." -MOSHE FELDENKRAIS*

THE FELDENKRAIS METHOD® OF SOMATIC EDUCATION is a system of neuromuscular re-education to help us better organize our mindbody connection. In each lesson...

MOVE VERY SLOWLY	Give yourself time to feel your sensations and notice differences.
OPEN TO YOUR CURIOSITY	Soften your gaze and the drive for predetermined results.
USE LESS EFFORT	Use gentle, light movements within an easy range of motion.
LOOK FOR PLEASANT SENSATIONS	Take rests. Avoid discomfort and visualize if needed.
DO LESS THAN YOU CAN	No need to try hard, look "good," do well, or get it "right."

"Reduce the effort whenever possible. The use of force is the opposite of awareness; learning does not take place when we are straining. The principle should not be no pain, no gain. Rather, it should be if strain, no gain. Feldenkrais thought the use of willpower (of which he obviously had plenty) was not helpful in developing awareness." — Norman Doidge, *The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity*

AWARENESS THROUGH MOVEMENT: From Differentiation to Integration

Using subtle movement and heightened awareness, students break down habitual behaviors into smaller, more subtle component parts.

Learning and change become possible through mindful attention, curiosity, and playful experimentation thus re-establishing connections between sensorimotor cortex and nervous system (connections that may have been disturbed through habitual misuse, stress, or trauma). Focusing on developmentally based patterns of behavior, students can rediscover movement range and ease.

"In order to change our behavior, we must change the image of ourselves that we carry within us."