

THE FELDENKRAIS METHOD® OF SOMATIC EDUCATION is a system of neuromuscular re-education. By better organizing our mindbody connection, The Feldenkrais Method expands our options for moving and living more fully, efficiently, creatively and comfortably.

"The aim [of the Feldenkrais Method] is a person who is organized to move with minimum effort and maximum efficiency, not through muscular strength, but through increased consciousness of how movement works." ~Moshe Feldenkrais

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.

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

AWARENESS THROUGH MOVEMENT (ATM) = system of group lessons with verbal instructions

FUNCTIONAL INTEGRATION (FI) = Individual lessons facilitated through touch with practitioner

GUIDELINES FOR THE LESSONS

- **Move slowly. Effort Less.** → Easier to detect difference and change.
 - **Avoid pain, discomfort, stress, and fatigue** → Take rests. Visualize if feeling discomfort.
 - **Make each movement as easy and pleasurable as possible** → Threat = no learning
 - **Be curious about how you move** → Playfulness = pleasure and curiosity = learning
 - **Feel your own sensations** (rather than try to do movements "correctly")
 - **You are learning, changing your brain** (vs. "exercising") → Movement builds neural maps. Blurred maps = false limits and/or pain and/or anxiety
-

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