

Internal Family Systems and the Feldenkrais Method

IFS is a psychotherapeutic model and FM is a movement modality so how are these practices related and what do they offer us in recovering from mindbody symptoms? These questions can percolate for you during the course, so you don't yet need a complete answer... but here are some points to get you started:

Both IFS and FM are **methods of inquiry** and share an essential **holism**:

1. There's nothing "wrong" with you.
2. You are the one who can heal your inner system.
3. Instead of getting "fixed," you become more whole by sensing/befriending more of yourself.



"In the **Feldenkrais Method**, each person already presents the ideal body, the ideal way to move.

For many of us, this is a difficult concept to grasp. We take pain, 'poor posture,' or limited movement as symptoms of something wrong. Yet we all make the best choices possible given our perception of choices. Change is most possible in this realm of 'perception of choices.' Awareness Through Movement lessons [are not designed to correct errors, but to] create conditions for more choices..."

Dennis Leri - *LEARNING HOW TO LEARN - An Overview of the Feldenkrais® Method*
http://www.semiophysics.com/SemioPhysics_Articles_learning.html