

What It Is

care performance
potential

What is *Feldenkrais*®?

The *Feldenkrais Method*® of Somatic Education is for anyone who wants to reconnect with their natural abilities to move, think, and feel. Whether you want to be more comfortable sitting at your computer, playing with your children and grandchildren, or performing a favorite pastime, these gentle lessons can improve your overall well-being.

Learning to move with less effort makes daily life easier. Because the *Feldenkrais Method* focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements. Everyone, from athletes and artists to administrators and attorneys, can benefit from the *Feldenkrais Method*.

After experiencing *Feldenkrais* lessons, people often express feelings of relaxation and ease. They may breathe more freely and find their thoughts have more clarity. The learning process is full of pleasant surprises and personal breakthroughs.

Feldenkrais lessons teach you the means to take charge of your own improvement and are offered in two ways, enabling you to discover which learning style is most appropriate for your needs:

1. In *Awareness Through Movement*® lessons, the teacher verbally guides you through a sequence of gentle movements intended to help you develop a greater awareness of how you move. These lessons occur in a group setting.
2. *Functional Integration*® lessons are designed to meet your personal needs. Communicating through touch and movement in addition to words, the teacher guides you in your one-on-one process of self-discovery. Regardless of which learning style you choose, the *Feldenkrais Method* can help you overcome limitations brought on by stress, misuse, accident, or illness.

Feldenkrais®, *Feldenkrais Method*®, *Awareness Through Movement*® and *Functional Integration*® are registered service marks of the *Feldenkrais Guild*® of North America.