

# What It Is

care  
performance  
potential

## What happens in an *Awareness Through Movement*<sup>®</sup> Group Class?

A *Feldenkrais*<sup>®</sup> class is a guided experiential movement exploration, uniquely designed to help students learn how they move, and how they may or may not be making effective choices for accomplishing what they are intending to do. Each class is structured as a little physical riddle or movement puzzle, engaging the curiosity and challenging perceptions in a lighthearted, non-threatening container. To begin, we try out a specific action, becoming familiar with our unique way of performing that action.

The teacher verbally guides the class through a series of movements, sometimes tiny or imagined movements and sometimes larger actions, which are ingeniously sequenced around the theme of an action from everyday life. Weaving through the movement instructions is a separate and intentional line of inquiry for the purpose of expanding awareness and helping students to make clear and accurate distinctions about their habitual movement choices. This interplay between moving, attending and sensing serves as a compass steering us through many movement possibilities and combinations as the lesson progresses. We begin to consciously and unconsciously make distinctions regarding what seems more sensible or comfortable. Once distinctions are made it becomes possible to evaluate the effectiveness of our choices. In this way we begin to rely on internal rather than external signals to guide us. As we learn to access and develop these internal sensations, we cultivate a trustworthy guide to help us make appropriate and sound movement choices, a guide we can take with us throughout our lives.

At the end of the class we often revisit the initial movement to notice what changes have occurred through this process. Most people find the differences striking, even profound. Some people report that they experience more balance or freer breathing and a more complete self-image emerges. More comfortable, easeful, more “whole” are common responses. As we learn to move in ways that are more congruent with our design, more in concert with the laws of physics, issues of awkwardness, pain and discomfort are often resolved.

The classes are gentle and can accommodate the physically challenged as well as the physically fit. Attending a series of classes may be enough to satisfy one’s immediate concern. Material from the classes are useful as part of a personal warm-up or daily routine. Many people find the regular time and place, with the supportive concentration of the other students and the variety that is part of the *Method*, to be a useful part of their lives for longer periods. The *Method* can be deeply satisfying as a weekly or even daily practice for self awareness, health and vitality.

*\* If you are uncertain as to whether the class setting is appropriate for your situation, it is best to schedule a private **Functional Integration**<sup>®</sup> session with Suzie prior to entering the classes.*

*\* To embark on the project of learning what **Feldenkrais** classes are, it is best to experience a series of classes.*