

Private Sessions

care performance
potential

Functional Integration

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(see map on Contact Page)

The Lesson

An individual *Functional Integration* lesson is an in depth inquiry into how you move. Using words, motion and touch, we begin by clarifying what changes you would like to make. For some people that might be a decrease in pain. For others, it could be sleeping more comfortably or being able to play golf with more accuracy. Someone else may want to regain lost function that has been diminished through aging, surgery, structural challenges, injury or trauma. Once we determine what you currently notice, I look to see what aspects of the way you are moving may be undermining your desired outcome. We will then explore the ways in which you can already move easily and the ways in which you resist or tighten yourself away from ease and comfort. Often the forces of pain and discomfort in our bodies illicit equally strong splinting or bracing forces for protection or compensation. Through touch, I blend with these negative forces and redirect them so as to preserve your structural integrity and offer healthier choices for organizing your movement. By expanding on what you do well, then redirecting your own power and strength into avenues that can be useful and effective, your nervous system and brain learn a way out of your previous conundrum. A new, sounder, choice has been illuminated. This generally feels very gentle, profound — and deeply satisfying. We will look at how all of you is involved with what you are doing. Because each action is part of a whole body pattern, a change in the relationships between the parts of that pattern will create a “holistic” change throughout your entire organism.

Many people report feeling freer, with improved posture, breathing and flexibility by the end of a lesson. Ease, comfort and a decrease in pain is also common. Others notice a more general sense of physical and emotional well-being. I will design some ways to help you integrate these positive changes as more permanent aspects of your movement life. This may involve exercises, assignments or simply attending to yourself in a different way. The number of lessons you will need depends on the depth of change you are seeking. A recent, acute condition may go away after only a few lessons while patterns that are of longer standing may require a course of ten sessions; deeper changes may require more. After one lesson, you will have some idea of what Feldenkrais can offer you and together we will decide on a course of lessons that seems appropriate for your situation.

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Lesson Guidelines

- Allow 1 hour and 15 minutes for your lesson.
- Wear comfortable clothing that does not restrict your movement.
- Very short shorts, skirts or tank tops are not suitable attire.
- Please bring or wear socks to the lesson.
- Remove all belts, bracelets, necklaces and earrings before or upon arrival
- It is best not to arrive and leave carrying heavy bags or packs
- When possible allow 15 - 20 minutes after the lesson to take a short stroll to integrate the changes we will have set in motion.
- Should you need to cancel a session, a 36 hour notice is requested to avoid your scheduled fee.