

Suzie, you're awesome! I have been to almost every type of practitioner imaginable in the last 17 years in pursuit of some relief for my neck and back pain: MD – including surgery, Chiropractor, Acupuncture, Massage, Yoga, Balance and more. When I first came to your office I had lost faith that I could break the cycle of pain I was in and I was doubtful there was hope. Thankfully you proved me wrong. Working with you has produced more profound and lasting results than I have experienced anywhere else.

Joel Kauffman, VP Independent Solar Systems, Santa Cruz, CA

Suzie, I just want you to know how important our work together has been to me. You are one of a handful of people, that at one point or another changed my life in a very beneficial way. I have no back pain ever. Gave up wearing the back brace while playing golf over a year ago. I religiously do all of the exercises that I can remember every morning. So the stress cycle of mental and physical pain is no more. I am forever grateful.

George Sherinian, Attorney, Santa Cruz, CA

I have been intrigued by this subtle form of retraining the nervous system, which I recommend to patients whose movement has been restricted by injury, cerebral palsy, stroke, fibromyalgia, or chronic pain. I find it to be much more useful than standard physical therapy. I also believe that the *Feldenkrais Method*[®] can help older people achieve greater range of motion and flexibility, and help all of us feel more comfortable in our bodies.

Andrew Weil, M.D., Author of Spontaneous Healing and Natural Health, Natural Medicine

My experience with the *Feldenkrais Method*[®] has been very positive. I was diagnosed with multiple sclerosis five years ago. I have struggled with problems with balance, stiffness, diminished strength, numbness, and profound fatigue. After taking *Feldenkrais* classes, I have begun to discover other, more efficient ways to walk, move and get through my daily routine. The *Feldenkrais* lessons have also taught me to focus on how I am feeling and to recognize when it is time to take a rest. This helps me to avoid or reduce the debilitating fatigue that I live with every day. I am very grateful for opportunity to learn ways to help myself. You have truly empowered me. Thank You!

Judy Stroud, Resident of Santa Cruz, CA

I had been a Bikram yoga practitioner for over 30 years, but in the years following a hip fracture I needed a different more subtle way to release pain, stiffness, and allow the body's inherent flexibility to re-emerge. I've been truly amazed and grateful for the result obtainable in the *Feldenkrais Method*[®] — with apparent little effort—through the skillful guidance of Suzie Lundgren, with whom I also worked privately.

Marion Weil, Retired Attorney, Santa Cruz, CA

Last week's class was amazing for me. My feet really woke up, and I started gripping the ground when I walked. I also found myself sinking more into my thighs, which is really good. I couple of nights ago, I was standing and rocking to the front and then back of my feet when all of a sudden they really stuck to the floor and I had full fluidity of motion in my knees, hips, and on up. It was wonderful to be so grounded and completely balanced. I had my eyes closed at first and I could move every which way over my grounded feet. Good stuff.

Nancy Cassell, Musician, Soquel, CA

Thanks so much for the *ATM*[®] lessons on CD you sold me. I finished the two series and enjoyed them immensely with improvement in my hip! Going through your lessons a second time it's mind boggling how the awareness and the joy in these movements keeps growing! Viva *Feldenkrais*[®]!

Sugandha Brooks, Resident of Boulder, CO

As an aging ex-jock, nursing bad knees and shoulders, *Functional Integration*[®] and *Awareness Through Movement*[®] work helps me develop insight into how my body operates and how it compensates for old injuries. With a more solid understanding of "what is," I can start to make intelligent choices about how I want to move, sit, stand, and just function.

Kevin Paxton, President of Preston Technology, Inc.

I am proud to recommend Suzie in the field of healing. I spent four years making orthopedic appliances with the USAF in the sixties working with doctors, physiatrists and therapists. I had a wonderful education in kinesiology and the musculoskeletal system. My work over the last thirty years has been working with metal; very physical! Many times over the years, I have compromised my body by asking it to perform tasks that were not healthy. I have taught Tai Chi, which is very healthful, enjoyed many types of massage, and had a variety and many styles of adjustments with chiropractors and acupuncture.

Last month I felt a problem coming on in my low back. I asked a very close friend to recommend a chiropractor in the area. The “best” she could recommend was Suzie, who agreed to see me on short notice. “I needed a chiropractor!” In less than an hour, without any pain, discomfort, pops or grinding sounds, the pain I had spent a week creating in an escalating manner, Suzie took away. I have no idea how she did it or how her practice works. Suzie’s touch, strength, gentleness and total involvement with my illness has changed my ideas about health providers again. For any discomfort I were to experience today, I would call Suzie first. It is my pleasure to recommend her and suggest that you experience her amazing talent.

Richard Schrader, Journeyman / Metalsmith, Santa Rosa, CA

I was having constant pain in my hand, wrist, and arm. After six months of *Functional Integration*[®] lessons and doing the assigned exercises, the pain in my hand occurred only infrequently. The process of change through awareness is something you have to experience to believe.

Erica C. Christ, Writer and Bartender

I absolutely LOVED your *Feldenkrais*[®] work. My body felt amazing both during the work and for the whole remainder of the day; my skeleton had never felt so lined up perfectly, one bone over another. I’m excited to do more of this, both getting work from a practitioner and taking classes to practice some of the exercises myself.

Jenny Schaffer, Google Tech Writer and Teacher, Resident of New York City, NY

As a violinist, the work has not only sped my recovery from injury, but greatly enhanced my sense of physical integrity, ease and grace—even with an activity as “unnatural” as playing the violin!

Ingrid Matthews, performs on Baroque and classical violin and is the Music Director of the Seattle Baroque Orchestra

I had suffered with chronic shoulder and arm pain that had developed into severe numbness and tingling. Nothing I did brought me any long-term relief until I started with *Feldenkrais*[®]. Through a series of *Feldenkrais*[®] lessons, the chronic pain, numbness, and tingling resolved. More importantly, I learned how to manage and maintain my body to avoid these problems in the future.

Ruth Nielsen, Attorney at Law, Nielsen Law Office Inc.

I am so grateful for the sessions I had before leaving to go to India – I think it was essential in keeping my body flowing during many long bouts of travel, performing and trekking. While in India I had no back pain amazingly. This is very unusual. This gave me some good information. What I have gained overall from the sessions was more physical and energetic continuity and integration. I can feel this in movement initiation and sensation. yum!

Damara Ganley, Professional Dancer/Choreographer, Resident of Santa Cruz, CA

After years of back problems, the *Feldenkrais Method*[®] has given me the ability to remain free of pain. They are by far the most effective and pleasurable exercises I have ever done.”

Joseph Batkin, M.A.

Suzie, I wanted to share with you some interesting results from the *F1* lesson we had last week. 1) My neck doesn’t need/ won’t crack during the day which is a nice relief, 2) The ever-present ridge on the inside of my left cheek has magically disappeared, and 3) In a moment of great clarity, I gave notice to my boss... I guess “freedom of movement” can mean all sorts of things!

Thank you for your wonderful work.

Riana Baade, Executive Assistant, San Jose, CA

About two years ago, I tripped over a raised bit of sidewalk that had up heaved from a tree root. The jolt caused a disk in my back to herniate, resulting in a tremendous amount of pain and reduced mobility. I eventually had an MRI. The diagnosis was clear; I would have to have surgery. Not wanting to do that, I found out about the *Feldenkrais Method*[®] and decided to give it a try. I completed 15 *Functional Integration* sessions, and was amazed to go from facing back surgery to being pain free.

Shirley Beiler, Orthodontic Laboratory Technician/Manager, Feldenkrais practitioner trainee

The *Feldenkrais Method*[®] has allowed me to play pain free golf, without worrying about injury.

Duffy Waldorf, PGA Tour Golfer

Suzie and Debra, Thank you so much for such a rich and rewarding four days in New Mexico. I haven't had time to begin writing all the ideas in my head from the classes you both taught, but I know that without that I have once again been changed and bettered by my experiences. with you. My students yesterday said I look energized. I was, although a bit tired too. Thank you, thank you, Thank you.

S.Christian Polos, Performing Arts Dept , Brookline High School, Boston, MA

The *Feldenkrais Method*[®] is the most sophisticated and effective method I have seen for the prevention and reversal of deterioration and function.

Margaret Mead, Ph.D., Anthropologist

I suffered from chronic back pain, despite a discectomy/laminectomy over three years ago. I continued to use painkilling narcotic drugs at night to try to sleep. They were minimally effective and had many bad side effects. After being treated with *Feldenkrais* one on one sessions for about six weeks once a week, plus a *Feldenkrais* class, I no longer awoke at night with excruciating pain and have now been free of the painkillers for over a month! I was able to walk up a hill that I would not have attempted for over ten years and can walk and stand without back pain for extended periods now. My sleep has improved and my energy level continues to increase.

Gloria Barnes, Resident of Santa Cruz, CA

Suzie, I have now been to two of your *Feldenkrais* Classes and it has truly changed the way I move already. I am not sure you know my "story", an ankle replacement, a broken femur, a custom designed knee with a rod for the femur attached, bone graft to the femur and a plate to create strength, five operations, all on the same leg and four of them within the past year and a half. I was truly in despair if I would ever be able to move with any comfort. At your first class, as I lay on the floor, I really had no awareness of my right leg, it felt as if it was floating. By the end of the class I experienced an integration in my body that included that leg! I was so stunned as I stood up and walked I could hardly believe it, during the second class my right leg was even more "a part of me". I could actually detect individual muscles working in concert with my body. This change in my body has given me such hope, after all of the discomfort and pain, I simply wanted to thank you for my new lease on life. And, I will see you next week and the week after, and the week after. I think you get my point, this is a lifetime commitment. Gratefully,

Faye Cupp, RN, Resident of Santa Cruz, CA

Suzie, I wanted to let you know I am feeling real changes. The alignment has changed and I do not feel like I am fighting my body. The force is clearly going through my knee differently now. I am very encouraged and look forward to having another session....think this is the secret to getting better while getting older!

Jean-Anne Taormina, PT, Santa Cruz, CA

After working with you I slept soundly last night and woke up pain-free. Thanks for your kindness and excellent work.

Christie Maurer, Writer, Scotts Valley, CA

Participating in *Feldenkrais* classes has changed my life by teaching my body to learn in ways that access the “magic” of discovery and trust. For example, one day in class, I realized that the difficulty I was having in making a simple movement had to do with chronic tension, not some mechanical or energetic failure on my part. In the process of doing the *Feldenkrais* exercises, without understanding in an intellectual way, my body learned how to do the same movement with ease versus struggle and pain. I have been able to use this learning in a broader way in my life as I meet change and challenge with a more investigative, open way, looking for ways my body can do what I need to do with more ease and grace. Suzie is a wonderful teacher: enthusiastic, nurturing and humorous; she embodies the gentle exploratory quality that is so valuable in *Feldenkrais*.

Marion Silverbear, R.M.P., Bodyworker, Process Artist, and Facilitator of Dream Soirees, Aptos, CA

I LOVE THESE CLASSES!!! WHY? Because I have tapped into my “unbelievably available” reservoir of innate joy of movement – of being in a human body. And, I have come to be aware that this reservoir being is available – ALWAYS (no matter what physical, emotional, or mental state I am in). LOADS of re-awakenings in my body have been occurring, producing great joy! I would recommend that everyone give it a try!!! I thank you ALL from the bottom of my heart for all the wonderful work that you do and for making it available to us. And, for what I have received. Thank you. Namaste,

Oceana Hayes, Resident of Santa Cruz, CA

What I have gained from studying the Bartenieff Fundamentals with Suzie Lundgren (and from her unique integration of the Bartenieff work with the *Feldenkrais Method*®) has been for me like a missing link, the richness and potential of which I could not have imagined. At age 43, I thought my best dancing years were in the past, but now I feel that I may do my best dancing in the next 10 or 20 years of my life. I find myself doing less unnecessary work in my movement and I am energized by a clarity and connectivity that I have never previously experienced.

I attended an intensive workshop last summer not having danced without pain for 2 years due to severe plantar fasciitis. Starting my days in Suzie’s classes, I was able to dance pain-free for the rest of the each day. My chronic low-back, neck and shoulder difficulties also improved. The Bartenieff work is amazing! It is useful, fascinating, nourishing, healing, and inspiring. I have a rejuvenated appreciation on cellular and metaphysical levels, of why people dance in the first place.

Suzie’s teaching style is wonderful. She is gentle, clear, unassuming, and masterful. What she has to offer is invaluable for dancers, dance-educators, and anyone interested in healthy, expressive, intelligent, pleasurable movement.

Jandy Bergmann, MFA, GCFP, Faculty, Department of Theater, Film, & Dance, Humboldt State University

I loved your class today. You have a great gift! You are so present with every moment and every person. Thank you for bringing a new awareness in my whole self.

Jessica Luehrs, Acupuncturist, Santa Cruz, CA

I continue to be amazed when Suzie works on my body with such careful and deliberate attention. A small manipulation results in greater movement and with less effort! I always feel better when I leave after just an hour of “Let’s work on twisting today.” Or what ever! I say, “Its Suzie Magic again.”

In class Suzie leads us slowly through a movement and suddenly my body recognizes what it’s supposed to do and, ta da, it works! I am completely comfortable following along and opening to the suggestions, Her training, skill and confidence illuminates along with a delightful sense of humor.

Ann Goldsmith, Resident of Santa Cruz, CA

I don’t take the time to tell you how much your classes mean to me and what a difference they have made in my life. They mean the world and they have made a profound difference.

Your use of the Bartenieff work goes deep. It helped me connect with myself. I experienced more freedom of movement and less pain after practicing the breath exercises that you gave me in the first session. I want to keep doing this practice. I am feeling more and more wholeness of being. I am also deepening my emotional and kinesthetic awareness through this work.

It is because of you and something special about you that has kept me consistent with this wonderful work. "Who you are" just invites participation. Thank you!

Berdell Spellman, Resident of Santa Cruz, CA

Working with Suzie Lundgren has brought me to a place of being free from chronic lower back pain. After 26 years of 6 different chiropractors, 4 physical therapists and 2 other *Feldenkrais* practitioners..... Everyone helped a little bit - for a short time. Then after gardening, playing on the floor with my grandchildren, sitting for any length of time, or even just bending over, my back pain would return. Sometimes when I turned over in bed I felt as though I was breaking in half. After being shown many stretches and exercises of the years, I came the conclusion that the *Feldenkrais Method*[®] was the answer for me.

Only Suzie took the time to look at my individual framework and movements. She teaches me to learn to move in new ways that engage more of my body. I have begun to break old habits/patterns of moving that constantly put strain on my lower back.

Suzie works with me until I fully understand the habits of movement I need to re-learn. Working with her one-on-one has brought me to a place of new freedom. I now move with a whole new sense of awareness. Suzie is the answer to my prayers!

Terri Vomvolakis, Resident of Santa Cruz, CA