



FELDENKRAIS® CENTRE VANCOUVER

What is the *Feldenkrais Method*® of Movement Education?

The *Feldenkrais Method* is a unique form of movement education that uses gentle and easy movement sequences and directed attention. It is named for its founder, Dr. Moshe Feldenkrais (1904-84), a scientist and master martial artist who was seeking ways to regain function in his injured knees. The focus on awareness and easy movements help change the way we move, sense, feel, think and act. The Feldenkrais Method emphasizes inquiry and curiosity, not straining and stretching. In Feldenkrais less is more – do less and learn more.

Who benefits from the *Feldenkrais Method*?

People living with chronic conditions such as multiple sclerosis, chronic fatigue, and back injuries are able to reduce pain and enhance flexibility. Musicians, actors, and artists increase creativity and improve performance. Athletes develop greater awareness of the potential of the whole body and mind to increase strength, power and efficiency. Seniors improve flexibility and agility and regain lost abilities.

We can all benefit from learning how to sit at our desks, at the theatre or in our cars more comfortably. Each of us can discover how to use our body more effectively and efficiently, to improve posture and improve quality of life. The gentle movement sequences also have a calming effect and can help promote restful sleep.

What happens in a *Feldenkrais Method* session?

In **group *Awareness Through Movement*®** classes, the Feldenkrais teacher verbally guides students through a series of gentle movement explorations. Students are encouraged to do the movements slowly, easily and within their individual comfort levels, and to use all their senses to discover and expand movement options. By increasing awareness one learns new patterns of movements and can then let go of less useful and perhaps painful ways of moving. Some lessons are based on developmental movements and functional activities while others explore joint, muscle and postural relationships.

Private *Functional Integration*® sessions are tailored to the individual's learning needs. The Feldenkrais teacher uses non-invasive touch and gentle words to guide the student to explore new movement patterns or to refine existing ones. The student is fully clothed, lying on a comfortable table or in a sitting or standing position. Props such as pillows, rollers or blankets may be used to provide support or facilitate certain movements. The learning process is carried out without the use of invasive procedures.

How is the *Feldenkrais Method* different from other methods?

The Feldenkrais Method enhances our natural abilities to improve movements, actions and mental functioning. It is non-directive and encourages the exploration of many options for action.

Try a class or session. You will increase your range of motion, improve posture, flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement.

Please visit our website www.feldenkraisvancouver.com to learn more about the Feldenkrais Method and our studio.

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“Boost your Well Being Through Mindful Movement and Rediscover Flexibility in Mind and Body”