



# Feldenkrais Centre Vancouver

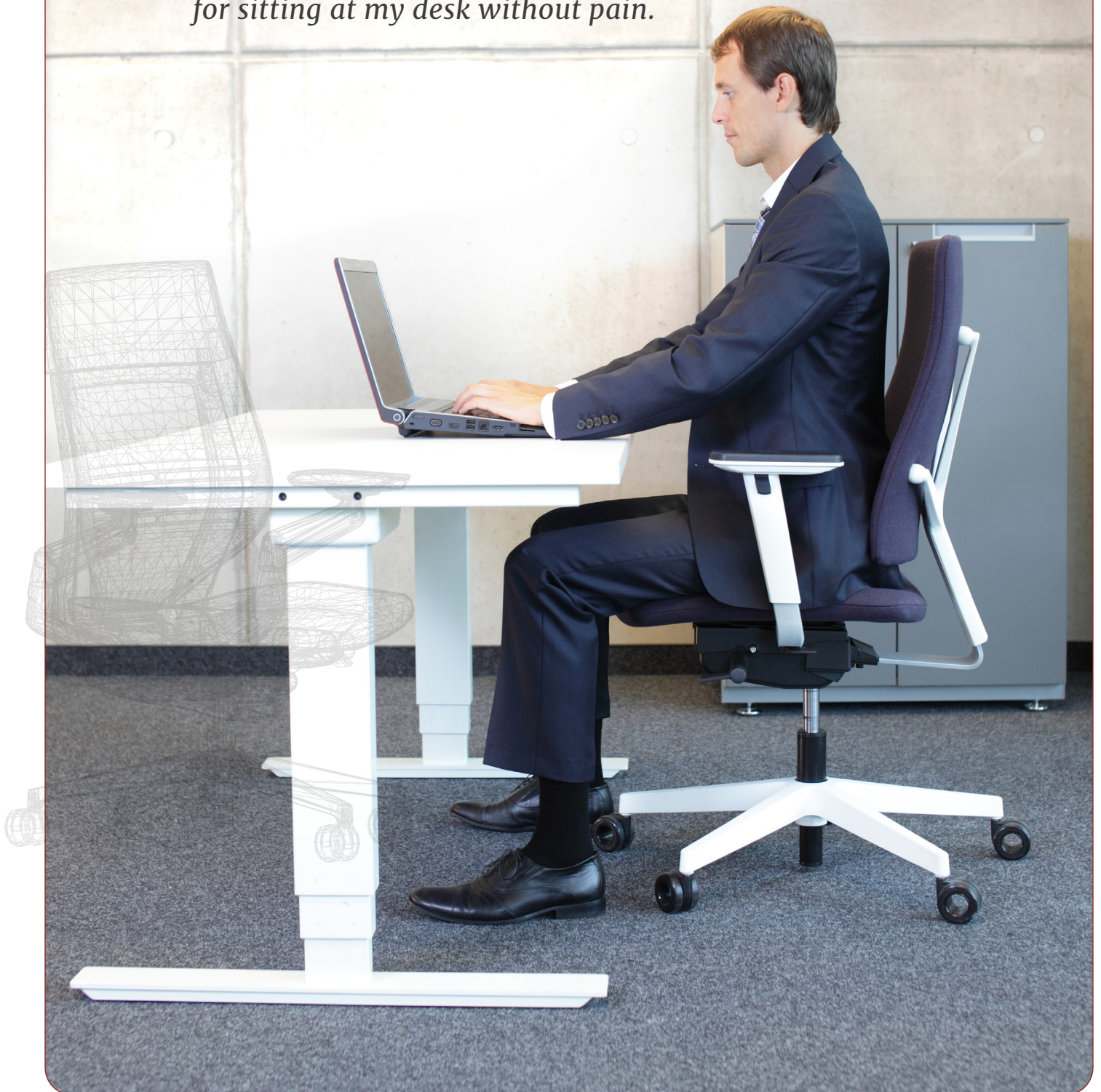
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*It's a joy to wake up in the morning  
without pain and stiffness.*

*I'm relearning a more natural way  
for sitting at my desk without pain.*



# About the Method

A lifetime of habits and injuries can begin to limit our freedom of movement. The Feldenkrais Method is particularly effective in helping restore our natural abilities to move easily and with minimal effort. The Feldenkrais Method emphasizes mindfulness in movement that leads to significant improvements in posture, balance, coordination and well-being.

Through a unique series of gentle exercises, students learn how to develop their awareness and use all their senses to discover and expand movement options. People from all walks of life benefit daily from Feldenkrais classes and sessions.

## The Founder – Moshe Feldenkrais



Moshe Feldenkrais (1904-1984) was born in the Ukrainian town of Slavuta. In 1918, he left his family, then living in Baranovichi, Belarus, to emigrate to Palestine where he worked as a laborer before obtaining his high-school diploma in 1925. During his time in Palestine he began his studies of self-defense, including jiu jitsu. A soccer injury in 1929 would later figure into the development of his method. [Find out more about our founder here.](#)

The Feldenkrais Method of Movement Education was developed by Dr. Feldenkrais as a result of him seeking ways to restore function in his knees which he injured playing soccer and practicing judo. He taught himself how to walk again by studying movements in children and incorporating his vast knowledge of physical and psychological sciences.

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Throughout the 1960s, 1970s, and into the 1980s he presented the Feldenkrais Method® throughout Europe and in North America (including an Awareness Through Movement® program for human potential trainers at Esalen Institute in 1972).

He also began to train teachers in the method so they could, in turn, present the work to others. He trained the first group of 13 teachers in the method from 1969-1971 in Tel Aviv.

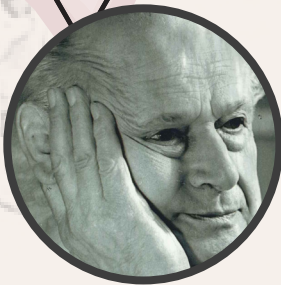
Over the course of four summers from 1975-1978, he trained 65 teachers in San Francisco. In 1980, 235 students began his teacher-training course at Hampshire College in Amherst, Massachusetts. Unfortunately he was not able to continue with them through the end due to illness. He rehabilitated himself from consecutive strokes over three years until he died in his home in Tel Aviv.



*There are well over 10,000 practitioners  
of his method teaching throughout the world today.*

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“Life is a continuous process, and the improvement needed is in the quality of the process, not in one's properties or disposition.”



“A person's physical build and ability to move are probably more important to his self-image than anything else.”



“The real voyage of discovery consists not in seeking new landscapes but in having new eyes.”



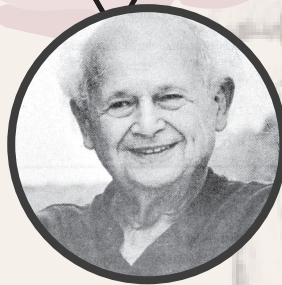
“Nothing is permanent about our behaviour patterns except our belief that they are so.”



“Our breathing reflects every emotional or physical effort and every disturbance.”



“Life is a process. Improve the quality of the process and you'll improve the quality of life.”



“Learning is the gift of life. Learning that is not conducted through a new way of action is not learning.”



“Trust yourself to work out what is right for you.”



# Moïshe-isms

# Sample Class – Turning While Standing

Try a brief sample class and discover how subtle movements can help you rediscover flexibility in mind and body.

1. Stand comfortably. Lift your left arm in front of you at shoulder height.  
Keeping your feet planted; turn your body to the left as if you wanted to look at something behind you. Swing your arm outward to the left; shoulders, hips, head and eyes also turn left. Only turn as far left as you can with ease and comfort. Repeat the movement 3 times. Do each movement slowly, paying attention to how you do the movement. It is more important to be attentive to how you turn rather than how far left you can turn. Notice where you stop, note the spot.
2. Return to the middle, drop your arm. Turn to the left and stop where it is comfortable. Leaving your body turned to the left, turn your head and eyes to the right and back a few times. Then bring your body back to centre. Repeat #1 and notice where you stop now.
3. Drop your arm, turn your whole body to the left and stay there. Leaving your body turned to the left move only your shoulders to the right and back a few times. Your left shoulder will come forward and your right shoulder will move backward a bit.
4. Turn your whole body to the left and stay there. Move your hips to the right and back a few times.
5. Repeat #1 and discover what has changed in your range of movement. Pay attention to how you turn now.

Repeat #1 – 5 on the other side.

## How We Can Help?

*As a Feldenkrais Practitioner I can help you learn how  
to improve your physical and mental functioning  
to enable you to rediscover flexibility in mind and body.*



# Back Pain

Sitting for too long often leads to back, neck and shoulder pain. The challenge for all of us is to learn to sit with more support from our bones and skeleton to prevent chronic pain and associated problems. It is also important to learn how to stand up from a chair safely, how to exercise smartly, and how to engage in all our daily activities without causing stress or pain.

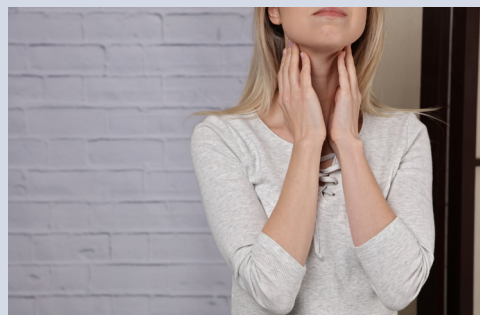
Contact us today to schedule your private session. We will tailor a program for you to treat and prevent back pain.



# Neck and Shoulder Pain

Many of us have chronic neck and shoulder pain. Often these are related to how we do our everyday activities such as sitting at the computer or leaning over our mobile device for hours on end.

External stress is often manifested in tight or elevated shoulders, neck tension and jaw pain. The Feldenkrais Method is ideally suited to help us learn and integrate new ways of working, and sitting to have more freedom of movement in our neck and shoulders and as a result a greater quality of life.



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# Our Happy Clients



*I do a morning stretch routine through my meditation app. One of the exercises is a standing upper body twist, and this morning it was SO MUCH EASIER than it was yesterday morning, thanks to last night's class! I am continuing to feel increased softness in the upper and mid back, and hopefully this will carry through as I continue the exercises. Thank you!!! I love Feldenkrais!!!!*  
JS, NURSE, VANCOUVER



*I look forward to Feldenkrais every week. I am becoming more aware of my body and how important posture and movement are to good health. With Vita's gentle and clear instructions I feel that I am moving more mindfully with less stress on my body.*  
JS, NURSE, VANCOUVER



*Working with Vita at the Feldenkrais Centre Vancouver has been a profound experience on many levels. Every session is a new revelation. The work begins to align and connect you to your body structure on a deeper level. As a vocalist, I have found the Feldenkrais Method® to be extremely beneficial. I recommend this work to everyone! Thank you so much for still running classes (via Zoom). It's helping me to get through this time in so many ways.*  
JS, NURSE, VANCOUVER



*I always feel like my cells deep inside are getting woken up and that they are saying thank you to me for being acknowledged. I am becoming more aware of my body as a series of pathways and connections. I often get images of what is going on when I attend a class with Vita; sometimes they are quite imaginative and poetic.*  
TF, VANCOUVER