

The Feldenkrais Method® of Movement

The *Feldenkrais* (fell-den-krise) *Method*® is a gentle form of exercise that can be used by all age groups to feel better and move better. Relaxation and the ability to enjoy life are key outcomes of this method for people in all states of health.

Where did it come from?

Moshe Feldenkrais, DSc, an engineer, physicist and martial-arts expert, developed the method. Through practice of his exercises, Dr. Feldenkrais avoided surgery and taught himself to walk without pain after a severe knee injury.

How is it done?

Certified teachers of the *Feldenkrais Method* lead group classes called *Awareness through Movement*®. Participants are led through a series of structured exercises that involve thinking, sensing and imagining while moving. The exercises are done while lying on a mat, sitting, standing or moving. The goal is to develop new and more effective movement patterns.

Poor posture and muscle tension can lead to poor flexibility, and result in pain or injury. By paying attention to how your body moves, you learn how to move better and gain a clear sense of how your entire skeleton and all body parts relate back to the whole self. Breaking old habits allows for the forces of your body to be spread evenly across your skeleton. This will reduce stress on your joints and allow your muscles to work well.

Is this method for me?

The *Feldenkrais Method* helps people with acute or chronic pain of the back, neck, muscles or joints. It helps those with arthritis and fibromyalgia to find new options for easier movement. It also helps people with neurological conditions (stroke, multiple sclerosis, Parkinson disease) to find better ways to move through daily activities.

Athletes, musicians, dancers and anyone interested in “fine tuning” their skills can benefit from this exercise. Private sessions are also available and tailored to meet one’s special needs.

Benefits include learning to:

- Move freely with less discomfort or pain
- Improve flexibility, coordination and balance
- Lessen stress, tension and fatigue
- Improve your posture
- Make these benefits part of your everyday life

What should I expect from my first *Feldenkrais Method* session?

After your very first session, you may find yourself standing a little taller or feeling a little lighter. You may find yourself doing everyday movements with less effort, greater ease and more pleasure. Your breathing may feel a little fuller and easier. It will take several sessions for you to enjoy the full scope of the *Feldenkrais Method*. Every class is different, so plan on taking at least six to get started.

For more information, please contact:

- Aurora Integrative Medicine 414-219-5900
- Aurora St. Luke’s Pain Management Center 414-385-7450
- Feldenkrais Educational Foundation of North America 800-775-2118
- feldenkrais.com

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