

## WHAT IS THE FELDENKRAIS METHOD?

The Feldenkrais Method (R) facilitates learning about movement, posture and breathing to ultimately increase the ease and range of our movement, improve flexibility and co-ordination.

Through gentle movement lessons, we become more aware of how our habits may restrict our moving through life easily and pleasurably. We learn new, easier options for movement.

## WHO CAN BENEFIT?

- People of all ages, from babies and children through to senior citizens
- People living with difficulties such as arthritis, stroke, multiple sclerosis, cerebral palsy, Injury or learning difficulties
- Dancers, musicians, athletes or actors with recurrent injury and pain or simply wishing to improve performance
- People whose work may involve repetitive tasks
- People interested in preventing or relieving, stiffness, pain or strain

## WHAT ARE THE BENEFITS?

- Improve and maintain health and well-being
- Greater clarity in sensing, thinking and feeling
- Discover how habitual posture can contribute to pain and limit movement
- Learn new and easier ways to do familiar tasks
- Breathe more fully and deeply
- Recognise and ease tension

## WHO WAS MOSHE FELDENKRAIS?

*(pronounced feel-den-krise)*

Dr Moshe Feldenkrais (1904-1984) was trained in mechanical and electrical engineering. A keen interest in martial arts and a personal knee injury provided the impetus which led him to a lifetime study of the structure and function of human kind and the relationship between human development, education and movement.



**Arthritis**  
WESTERN AUSTRALIA

## AWARENESS THROUGH MOVEMENT COURSES

**4 week course:** 9:30 – 10:15am  
Tues 31<sup>st</sup> March – Tues 21<sup>st</sup> April

**5 week course:** 9:30 – 10:15am  
Fri May 8<sup>th</sup> – Fri 5<sup>th</sup> June

**Venue:** Seminar room, Arthritis WA

**Cost:** Gold coin donation

**RSVP:** Booking essential, call 9388 2199  
or email:  
margarets@arthritiswa.org.au

## HOW IS IT TAUGHT?

Feldenkrais work is taught in two formats: in group classes, called Awareness Through Movement (ATM), and one on one lessons called Functional Integration.

*"The aim is a body that is organised to move with minimum effort and maximum efficiency, not through muscular strength but increased consciousness of how it works"*  
**M. Feldenkrais**

## AWARENESS THROUGH MOVEMENT (ATM)

ATM lessons consist of comfortable, easy movements that gradually evolve into movements of greater range and complexity. These precisely structured movement explorations involve thinking, sensing, moving and imagining.

Many are based on developmental movements and ordinary functional activities (reaching, standing, lying to sitting, looking behind yourself, etc), some are based on more abstract explorations of joint, muscle, and postural relationships. There are hundreds of ATM lessons, varying in difficulty and complexity, for all levels of movement ability. In all cases, the emphasis is on learning which movements work better and noticing the quality of these changes in your body. Through increased awareness, people learn to abandon habitual patterns of movement and develop new alternatives, resulting in increased efficiency, comfort and ability.