



FELDENKRAIS® CENTRE VANCOUVER

HOW TO GET THE MOST FROM *Feldenkrais* Awareness Through Movement® Classes

- An *Awareness Through Movement* class is your opportunity to take care of yourself for an hour and to let go of the hustle and bustle of the day.
- When practicing the *Feldenkrais* method, less is more. Consciously do less than you are capable of.
- Do each movement slowly, as an exploration rather than as an exercise. Focus on observing how you do the movement so you can experience different ways of using your body to make each movement pleasant and easy. Don't force any movement. Let your own sense of comfort and pleasure be your guide. You will learn to focus on the sensations that are created while doing the movements and on how you can involve your whole body.
- Rest as often as you need to. Stop when you are tired or restless or if you feel the movement causing any tension or strain. Movements done slowly and with less effort produce more sensory motor learning and greater improvement.
- If you experience pain during the class, do less of the movement, imagine the movement, or ask the teacher for other suggestions. If you move with the pain, you will not realize the benefit of the lesson.
- Breathe easily. Holding your breath is an example of a "parasitic" activity that is not necessary to carry out the movement.
- The directions given in class are in reference to yourself, for example, up is always in the direction above your head, not the ceiling, and down is always in the direction of your feet.
- Have fun and trust your own intelligence. Don't copy other students. If you do not understand an instruction, please ask the teacher.
- After the class, take a short walk before returning to the hustle and bustle of your life. Notice any differences in yourself and in the fluidity of your movements.
- Occasionally recall and review some of the movements over the next few days and remember **how** you felt while doing them. You will find ways of integrating what you learned into your everyday activities.
- **DO LESS... AND LEARN MORE.**

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