

## The Feldenkrais Method

The Feldenkrais Method is a somatic educational system designed by Moshé Feldenkrais. He was a scientist and a Judo master. In his long research he created this most efficient method of learning and movement. He therefore studied the relation between nervous system, muscular and skeletal system and from this background developed the Feldenkrais Method. Practicing this method our movement, thinking, action and even our soul can be influenced.

Feldenkrais method is taught either in groups or individually.

In a personal treatment you are touched and gently moved by the practitioner. The recipient is fully clothed. By reducing muscle tension movements are enabled which were restricted before or new movements are possible. They are perceived as light, pleasant and sometimes unknown.

Very often along with this comes a pain reducing effect. Your nervous system has the power to integrate those pleasant movements of more ease and efficiency. It will reorganize itself and integrate the new impulses into your movement repertoire. After some time you will learn how to include this way of moving into your everyday life. Often

you perceive new and more differentiated physical sensations after a Feldenkrais lesson.

So you get the possibility to become aware of your habits of movement, to recognize them and to change them.

The Feldenkrais bodywork is suitable for

- tensions or pain in neck, shoulders, arms, back, head...
- restriction of movements

It also helps to

- to rise your body awareness
- to generally improve your quality of life

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