

relearn to move with Feldenkrais course content file

Students lie on the floor on mats or quilts, and follow instructions to move, and to notice what they are doing. The certified Feldenkrais teacher gives instructions, and helps students as needed. The material is adaptable to different body types and different ranges of movement, so the lessons lead to increased awareness of how each of us uniquely moves.

We will rediscover pelvis, shoulders, spine, and their connections to each other and to our movement. We will rediscover our many moving parts, and how they make us whole.

To reacquaint yourself with your skeleton, see

[https://youtu.be/  
fh31pQMB218](https://youtu.be/fh31pQMB218)