

(RE)LEARN HOW TO MOVE WITH FELDENKRAIS*

Course Description

This course will be experienced mostly lying on your back on the floor, and following verbal instructions to move. These lessons lead you to reconnect with your body in a slow, gentle, accretive process. Our habitual movements over the years often lead to stiffness and decreased mobility. Feldenkrais uses gentle movement and directed attention to reorganize habitual movement into more comfortable patterns. It also strengthens your brain-body connection.

Since the work takes place on the floor, bring a blanket or quilt, or 2 yoga mats. No jeans, please, so you are free to move in nonhabitual and unexpected, gentle, ways.

Weekly Layout: