

## **Introduction to Feldenkrais® —Learning with Curiosity and Gentle Movement Carol Hinderlie GCFP**

**I am pleased to offer this free class, and to introduce you to the Feldenkrais Method!**

Feldenkrais is a movement awareness practice based in the work of Dr. Moshe Feldenkrais. Dr. Feldenkrais was a physicist, engineer and judo master, who also studied physiology, psychology and human development. Someday you might see his remarkable life story depicted in a movie! His method of learning and rehabilitation originated when doctors gave a poor prognosis after a serious knee injury. He was so fascinated by what he discovered during his own recovery, friends began coming to him for help with all kinds of physical problems. Eventually he and his students brought his method to the world, training thousands of practitioners. I completed my 4 year training in New York City in 2017.

Feldenkrais has two aspects. What we'll be doing is called Awareness Through Movement. It takes place in a class setting with students usually lying comfortably on a mat or blanket on the floor. The reason: when we are fully upright, over 90% of our motor cortex is involved in keeping us that way. When we give our weight to the floor, new possibilities emerge to sense and feel differences. We change habits more freely when lying down. For the first part of our class, have a straight chair available, too, so that your feet can be flat on the floor.

Feldenkrais is a learning method rather than an exercise program. As we think of it, exercise is often repetition to reinforce patterns of movement and strengthen individual muscle groups. It's also activities such as walking, of course, and this method can improve almost anything you do regularly. The emphasis is on finding better ways to move, with attention to small movements. We move simply, then rest before repeating to allow our brains to discover better options.

The hallmarks of Feldenkrais lessons are: go slowly (to feel more), do less than you can, rest frequently, don't do your best (my favorite), be curious, and if a movement hurts or is too difficult, do it in your imagination. This is important, and worth reading again.

We all have habits, allowing us to function without re-learning every day how to walk, talk, and pick up a spoon. But in the long run, many habits get in the way of our best functioning. We develop aches, pains and diminished ability through injury and habitual misuse. By simplifying movement, our amazing brains can find better, more pleasing action. Current brain science gives us lots of hope. Neuroplasticity is now a more common word as we learn there is vast potential for learning at any age.

As always, take care of yourself. Be hydrated (brains need water), and let your knowledge of what's safe for you be your guide. Even when we don't do everything suggested in a lesson, we benefit. We can learn how to be better for ourselves, moment to moment.

Following this class I will offer a four week class through Zoom, meeting on the remaining Tuesdays in March, 1:30 pm. Cost for the series will be \$24 (negotiable, if this is a bit much for you right now).

To register, write to me: [lunderlie@gmail.com](mailto:lunderlie@gmail.com). Phone: 425 248-3409. I use Paypal or a check will work fine: Carol Hinderlie P.O. Box 24, Stockholm, Wisconsin 54769.

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