



What is Feldenkrais:

Feldenkrais is an investigation into your movement habits / preferences. We explore different ways of doing a particular action so that you have more movement options and can then choose the way that feels good for you. It's teaching you to make sensory distinctions about when a movement feels well supported, so that you can sense when something is creating a strain on your body and stop. It's about learning self-responsibility in how to take care of yourself.

What happens in a class :

An Awareness Through Movement® class is a guided movement exploration directing your attention to how you compose a particular movement. We're looking at how movement connects through your body – how moving one part affects another, how your whole body can share the load. We explore the different components involved in an action for a clearer understanding of what's happening, before putting it all back together again and noticing what's changed as a result of focusing your attention on the details.

We're looking to find the support of your skeleton so your muscles aren't doing more work than they need to. It's quite a gentle practice with the aim of reducing the amount of effort required in action. People discover how a subtle change in how they do something can create a big difference in making the movement feel easier.

How it works:

The mechanisms the Feldenkrais Method® works with is to feed your nervous system new sensory experiences and motor patterns, creating gentle movement in places that you may be in the habit of holding still, to remind your brain of all the joints you can move with. Moving back and forth a number of times allows all the components of an action to get more co-ordinated.

The movements are slow and small to allow you the opportunity to notice subtle distinctions and find new ways of moving that you would miss in a larger fast movement that would instantly recruit your habits. The resting periods throughout the lesson are for your nervous system to process and digest the new sensory information. By focussing on how you can make the movement feel wonderful, the new motor patterns are far more likely to be adopted and integrated into your everyday repertoire of how you move.