

## ***Feldenkrais Method® Awareness Through Movement® series***

**“Finesse vs. Force”**  
Harmony Yoga, Ann Arbor  
Mondays, 7:30 - 8:30 pm  
June 21 - July 19 (5 weeks)

“Finesse vs. Force” will be the theme for this 5-week series suitable for beginner and experienced Feldenkrais students. Experience effortless, graceful movement that you might think is the exclusive domain of dancers, athletes, and children in this 5-week Feldenkrais Method series.

### **Background:**

Relatively little time is spent over a lifetime learning to improve basic movement - sitting, standing, walking, reaching, etc. We often unknowingly settle for ways of moving that are substantially less than optimal. Athletes, artists, and musicians spend a great deal of time perfecting movement within certain domains, but even among this group of people, everyday movement is not as good as it could be. What does this have to do with you? Increasing your self-knowledge about how you move and developing a larger repertoire of movement options could be the keys to making you much more comfortable!

Feldenkrais works gently, systematically, and intelligently with your body and your brain to produce change. Using the remarkable *Awareness Through Movement* process, you learn a unique approach to reducing tension and improving comfort. This approach does not involve stretching or strengthening, but rather uses small gentle movements combined with awareness to bring about posture and movement that is easy, effortless, integrated, and supported.

*“Feldenkrais is not just pushing muscles around, but changing things in the brain itself.”* — Karl Pribram, M.D., Neuroscientist, Stanford University

*"I recommend the Feldenkrais Method to patients whose movement has been restricted by injury, cerebral palsy, stroke, fibromyalgia or chronic pain...I also believe that the Feldenkrais Method can help all of us feel more comfortable in our bodies."*

— Andrew Weil, MD, founder of the Arizona Center for Integrative Medicine

### **Details:**

**Teacher:** Dale Jensen, Guild Certified Feldenkrais Practitioner<sup>cm</sup>

**Cost:** \$60 for 5 sessions (can't make 1 - talk to me)

**Location:** Harmony Yoga, 1955 Pauline Boulevard #100B

**Dates:** Mondays, 7:30 - 8:30 pm (right before bed is an ideal time for Feldenkrais!)

**Registration & More info:** 734-646-9368 (Dale) or [www.mindbodymove.com](http://www.mindbodymove.com)