



## ***HOW TO FEEL GREAT***

***OR***

## ***HOW TO MAKE THE MOST OF YOUR WELL-BEING***

While known for its exceptional rehabilitative effects, the Feldenkrais Method® of education through movement also **provides means to take charge of your own improvement**. Due to this unique feature, Feldenkrais has something invaluable to offer everyone, not just those looking to recover from chronic pain or injury.

If you are pain-free and reasonably fit, but want to achieve and maintain higher standards in your chosen physical and mental activities, or if you want to feel not just good, but great, then your search can begin (and continue through your lifetime) with Feldenkrais.

### ***In Feldenkrais Awareness Through Movement® classes you will:***

- Get wise about how to use the body more efficiently, and instead of stretching and straining, you will learn easy interesting movements to help you to understand and change how you use your body.
- Open your mind and senses to discover how your own movement habits affect the quality and ease of how you do things.
- Learn new and more comfortable options for movement and embody concepts like balance, flexibility, strength and poise.
- Have greater range of motion without stretching and get stronger and more able without a heavy exercise workout.
- Recapture joy, playfulness, curiosity and freedom in movement which will improve and transform the quality of your life.