

MOVING *freely*



Do you want to improve your flexibility, mobility, posture and breathing? The Feldenkrais Method may be your answer, especially if you are interested in enhancing the quality and richness of everyday life

Although you may not have heard of the Feldenkrais Method, the benefits are wonderful. Using precise and gentle movement to explore the way we move, it can enable us to develop new and healthier patterns of action. It is a way of 'rewiring' the brain using movement, attention and awareness.

The Method, developed by Moshe Feldenkrais uses the brain's capacity to adjust to new challenges, to develop new skills, even to recover from injury. By using the Feldenkrais Method we are able to use our brain's plasticity and create new neuronal connections. This leads to both physical and emotional improvements, opening a new world of ease in everyday movements.

Garet Newell, the Educational Director of the Feldenkrais International Training Centre,



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studied with Moshe Feldenkrais, graduating in 1983. She has since been instrumental in bringing the Feldenkrais Method to a wide audience through her teaching in London, in the Sussex-based training programmes and as a Trainer throughout Europe, in Australia and in the US.

"Feldenkrais is a wonderful method for those who want to improve their flexibility, mobility, posture and breathing. It can also help those recovering from injury or those with backache or chronic pain," explains Garet, who is based in Hassocks.

This gentle method is suitable for all ages and abilities, opening up a new world of movement in work, relaxation and play. It is particularly popular with those working in the performing arts sector, as it opens them up to express themselves more fully and authentically, as the physical benefits of Feldenkrais spill into other areas of life. It is becoming well-known amongst professionals in the sporting world as a way to enhance skills as well as an effective aid to recovery.

"The more flexibly you move, the more flexibly you think," says Garet. "It promotes different solutions and ways of seeing and understanding. In this sense, it is not just about 'fixing' problems, but about increasing awareness and improving the quality and richness of daily life."

Garet's main emphasis has been directing the four-year, part-time training courses which are based both in Lewes and in Ditchling and organized through the Feldenkrais International Training Centre, one of the first training centres established in Europe. Over 300 Feldenkrais teachers have graduated from the many trainings which have taken place in Sussex since 1991, travelling from all parts of the UK, Europe and as far afield as Australia, the US and Hong Kong.

But in order for more people to be able to experience this incredible method, Garet has developed a new course, Feldenkrais For Your Future, which runs over a one year period and comprises eight weekends. It is held at the Adastra Hall in Hassocks, a short walk from Hassocks train station, and is designed for those interested in personal development. The next course begins at the end of April and there are introductory days this month, including one on 3rd April, for those wanting to experience the Feldenkrais Method before committing. ■

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