

The Feldenkrais Method® Guide

www.feldenkraismethodguide.com

Feldenkraais Awareness Through Movement® Directions

1. *ONLY do what feels comfortable.* Don't try to increase the size of the movement...the benefit comes from doing things in a slow small way. Improvement in these lessons comes from the sense of ease you create while doing the movement, not from the speed or size of the movement.
2. Do the movements *slowly* so that you feel *EACH* part of the movement. Focus on increase the *quality* of the movement and *decreasing the sense of effort* while doing the movements.
3. Rest whenever you want – even if the instructions continue in the lesson.
4. It's not necessary to complete the entire lesson -- you can complete any part of the lesson and just practice that and you'll still get improvements. However, if you're able to do the entire sequence all the way through, you'll probably find a significant shift in how your hand, arm and shoulder feels because the movements all build upon each other.
5. If you feel any pain or discomfort, decrease the size and speed of the movement until you don't feel any pain or discomfort. These lessons are designed so that you shouldn't feel any pain or discomfort. Feeling pain or discomfort is a sign that you're doing the movement too big and/or too fast.