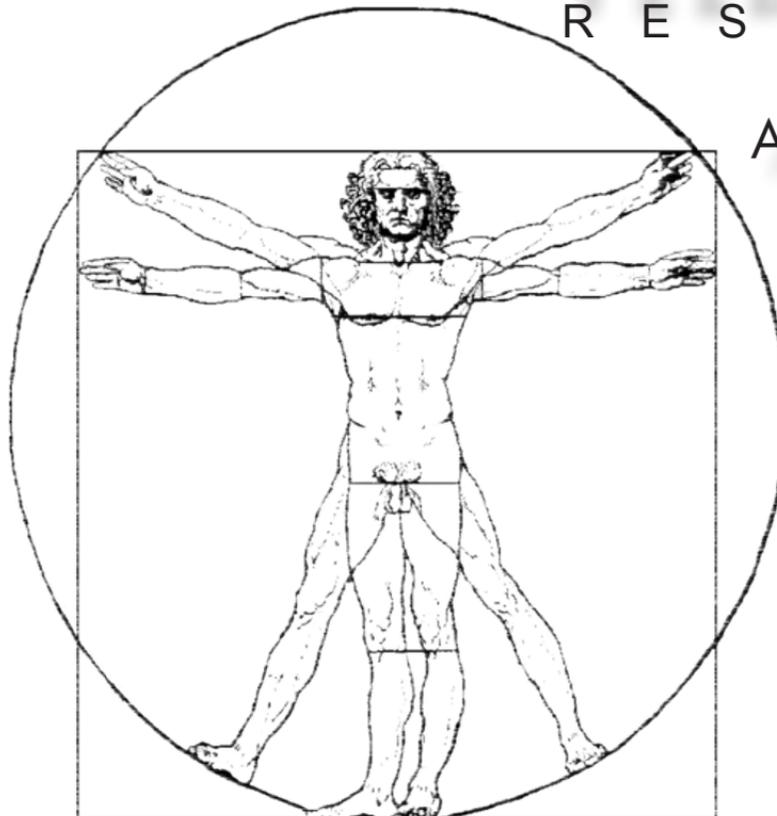


FELDENKRAIS[®] RESOURCES

AUDIO PROGRAM USER'S GUIDE



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3680 6th Avenue
San Diego, CA 92103
619/220-8776 800/765-1907
fax: 619/330-4993
info@feldenkraisresources.com
www.feldenkraisresources.com

FELDENKRAIS® RESOURCES AUDIO PROGRAM USER'S GUIDE

Feldenkrais Resources was founded in 1983 by Elizabeth Beringer and David Zemach-Bersin. *Feldenkrais* Resources is the exclusive publisher of Dr. Moshe Feldenkrais' Audio programs and publishes and distributes books and other educational programs concerned with the work of Dr. Moshe Feldenkrais. In addition, *Feldenkrais* Resources sponsors seminars and trainings worldwide.

For more information write to:

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San Diego CA 92103
619 220-8776 or 800 765-1907
fax: 619 330-4993
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FELDENKRAIS RESOURCES AUDIO USER'S GUIDE

Feldenkrais Resources self-help audio programs utilize the widely acclaimed movement education system of Dr. Moshe Feldenkrais and draw on recent scientific breakthroughs in biomechanics, neurophysiology and stress-reduction. The "lessons" or exercises developed by Dr. Feldenkrais are revolutionary because they communicate directly with your brain, the control center of your body. It is your brain and nervous system – not your muscles – which determine the health of your posture, the ease and comfort of your movement and the extent of your flexibility.

The process by which all physical learning takes place, from walking and talking, to playing an instrument or driving a car, is called sensory motor learning. Sensory motor learning is the natural way your body learns and improves. It takes place through a complex feedback process between your brain, muscles and senses. Your brain directs your body's movement and in return receives information which it immediately uses

THE FELDENKRAIS METHOD®

"Feldenkrais represents a revolution in human health."
Smithsonian Magazine

"The system developed by Dr. Feldenkrais has as much potential for understanding the mind/body relationship as Einstein's general theory of relativity had for physics."
Bernard Lake, M.D.

"The exercises are so ingenious and simple."
**Yehudi Menuhin
Concert Violinist**

"Feldenkrais has remarkable success in a wide range of complaints ranging from the debilitating to the merely nagging."
Science Digest

"Dr. Moshe Feldenkrais' method will be of great benefit to all of humanity. From my own experience I know the remarkable results achieved."
**David Ben-Gurion
First Prime Minister of Israel**

You are free to shorten, expand, or abridge the lessons in any way. You can maximize your benefits by periodically recalling the movements of a recent exercise, including the specific feelings and sensations. You'll find that mental practice is an effective way to make your improvement second nature.



IF YOU HAVE A MEDICAL CONDITION

Feldenkrais Resources audio programs are not a substitute for medical treatment. If you have a medical condition, consult your medical practitioner about using these programs. We cannot offer any warranty of the effectiveness of the exercises. Responsibility for the exercises is necessarily the user's.

to enhance and improve your neuromuscular activity. Step by step, your nervous system finds the most efficient and comfortable way to organize your body's movement, co-ordination, posture and balance.

Feldenkrais lessons are called *Awareness Through Movement*® (ATM). They are designed to access the motor centers of your brain and provide the information your body needs for optimum improvement. With these remarkable exercises your nervous system will automatically form new neuromuscular pathways, creating improved body usage, health and vitality.

This booklet is a brief introduction to the basic principles and concepts of *Awareness Through Movement*. These concepts are keys to enable you to work effectively with your nervous system in its own language. By using these simple but important keys, you will reap the greatest possible benefit from these unique exercises.

KEYS TO AWARENESS THROUGH MOVEMENT

TO BEGIN

When doing an ATM floor lesson, you should find a firm and level surface to lie on. Use a rug or a pad to make the floor more comfortable and take your shoes off. If it is difficult to lie on the floor, you can do the movements lying on a bed.

When doing ATM sitting lessons, choose a chair with a hard or firmly cushioned seat. The seat should be low enough that your feet can rest flat on the floor. If the seat is too high, you can use books of equal height to raise the floor level under each foot. Loosen tight clothing, and if possible remove your shoes, especially if you are wearing shoes with high heels.

LISTENING TO THE CD

Each exercise contains commentary, which explains the purpose behind the movements or directs your attention to the specific sensations. Continue to do the movements of the exercises as you listen to the comments.

tool, and can be as effective and beneficial as physically doing the movements.

AVOID PAIN AND DISCOMFORT

You should never experience discomfort or pain while doing a lesson. Pain is an indication of physical irritation. If you experience physical discomfort, make each movement extra small, extra slight and extra easy, or just do the movements in your imagination. Discomfort after an exercise may be an indication that you used more muscular effort than necessary. Next time you do a lesson, be sure to stay well within your body's natural comfort zone.

MAXIMIZE THE BENEFITS

Try to do a lesson every day or every other day. By using the exercises consistently, you will initiate a building process of sure and steady improvement. In the beginning, repeat an exercise two or three times before you move on to a different one. When you become familiar with an exercise, you gain its benefits after just a few minutes. Allow some time between exercises so your brain and body can integrate the improvements into your daily activities.

moment after each movement. Pausing between each movement insures that your brain has the time to absorb new and useful sensory motor information.

LIMITATIONS

Sometimes pain, injury or physical limitations may interfere with your ability to do an exercise. You can still benefit from the exercise by making each movement extremely small and slow. Sensory motor exercises are ideal for helping your body to heal and repair itself. Just do the small amount that feels comfortable and easy. You can also try doing the movements in your imagination. This technique is called visualization.

VISUALIZATION

Research has shown that when you visualize (or imagine) doing a movement, your brain sends essentially the same messages to your muscles that it sends when you are in fact physically moving. The only difference is that the messages are not intense enough to make your muscles fully contract. To visualize the movements of an exercise, just close your eyes and do the movements in your imagination. Visualization is a powerful

DO EACH MOVEMENT SLOWLY

Learning anything requires taking the time to sense and feel what you are doing. By doing the movements slowly you can detect and let go of unnecessary effort and strain. Your brain will then automatically create more flexible and comfortable movement. When moving quickly we are more apt to move mindlessly and simply reinforce our usual way of moving. In order for this unique learning process to work, it is essential that you move slowly so as to sense the maximum possible benefit in each step.

DON'T TRY TOO HARD

Your improvement will be greater and faster if you forget about competing or trying to succeed. The movements in ATM exercises are remarkably simple. Trying to excel will only defeat their purpose. When you try too hard, you use more effort than is necessary.

REDUCE UNNECESSARY EFFORT

Less muscular effort will bring you more physical benefit. Your brain can detect differences more easily when your senses are less stimulated. For example, if you were carrying a heavy box it would be impossible to feel the added weight of a fly

landing on it. But if that same fly landed on a feather you were holding you would be able to detect the change immediately.

Small, slow and easy movements allow you to detect the uses of unnecessary muscular effort in your body. When you reduce this unnecessary effort and let go of tension, your brain receives the information it needs to improve your movement.

DO ONLY WHAT IS EASY

Most of us try our hardest even when it means putting up with pain and discomfort. Pushing yourself to the limit may be the rule in conventional exercises, but with sensory motor exercises, comfortable and easy movements are essential. While you do an exercise, pay attention to the quality of your movement and DO ONLY WHAT IS EASY. Your brain can help your body to improve much more with small and easy movements than with large ones in which you stretch and strain.

GO AT YOUR OWN RATE

You may discover that some movements are particularly beneficial or pleasurable. You are absolutely free to go at your own pace and to do these movements as many times as you like. Simply pause the CD, and when you are ready, resume the exercise where you left off.

RESTING IS IMPORTANT

The rests, or pauses, provided in each exercise are nearly as important as the movements themselves. Fatigue causes unnecessary and inefficient effort in your movement, and interferes with your brain's ability to improve your movement. The rests, or pauses, in each lesson refresh your mind and body, and provide an opportunity for you to observe the changes taking place. If at any time during an exercise you feel the need to rest a little more, simply pause the program until you're ready to continue.

PAUSE BETWEEN EACH MOVEMENT

DO NOT repeat the movements quickly one after another. The exercises will be most effective if you pause and relax for a

