

WOULD YOU LIKE TO MOVE WITH LESS PAIN?
MAINTAIN YOUR OVERALL HEALTH?
REACH FOR YOUR PERSONAL BEST?

The *Feldenkrais Method* helps people of all ages learn to move more easily.

It enriches your life and expands your abilities. These gentle, innovative lessons allow you to observe how you move, notice unnecessary tension, and improve your overall coordination.

You can learn to:

- Ease pain and chronic discomfort
- Improve posture, balance and flexibility
- Prevent injury
- Increase energy
- Reduce stress and fatigue
- Improve concentration

The *Feldenkrais Method* has helped:

- Musicians, dancers and actors
- Athletes and fitness enthusiasts
- Students
- Children with Special Needs
- Seniors
- Anyone seeking to improve their quality of life

Lifetime Learning
for Health and Well-Being

Israeli physicist and educator, Dr. Moshe Feldenkrais, D.Sc. (1904-1984), developed the *Feldenkrais Method* following a disabling knee injury. He taught himself to walk without pain through improving his 'kinesthetic sense' – his ability to sense, feel and coordinate easy, effective movement. *Guild Certified Feldenkrais Teachers*® are also called *Guild Certified Feldenkrais Practitioners*™. They are trained and certified in the *Feldenkrais Method* to help you discover your innate ability to direct your own improvement.

Discover the *Feldenkrais Method* and discover yourself!

For more information about Dr. Feldenkrais, the *Feldenkrais Method*, *Guild Certified Feldenkrais Teachers* in your area, books, tapes and cds, research results, and accredited training programs, contact:

Feldenkrais Guild® of North America
Feldenkrais® Educational Foundation of North America
5436 North Albina Ave., Portland, OR 97217
email: info@feldenkraiguild.com
866.333.6248 (866.FEFNA4U) Fax: 503.221.6616

www.feldenkrais.com

Stretch Your Life
871 Victoria Street N
Kitchener, ON N2B

A charitable educational foundation, *Feldenkrais*® Educational Foundation of North America (FEFNA) fosters education, research, and public awareness of the *Feldenkrais Method*. *Feldenkrais*®, *Feldenkrais Method*®, *Awareness Through Movement*®, *Functional Integration*®, *Guild Certified Feldenkrais Teachers*®, and *Guild Certified Feldenkrais Practitioners*™ are registered service marks of the *Feldenkrais Guild*® of North America.

Photos by Rosalie O'Connor, www.rosalieoconnor.com



IMPROVE MOVEMENT,
IMPROVE LIFE

Feldenkrais Method® of Somatic Education



"...make the impossible, possible;
the possible, easy; and the easy, elegant."

- Moshe Feldenkrais, D.Sc.



