

Online

Feldenkrais Awareness Through Movement classes



Mondays, Tuesdays & Sundays 11-12pm (PST)

With **Brad Beldner** CFMT, SEP

The **Feldenkrais Method** is built upon the ability of your brain to make functional and structural changes from birth well into adulthood.

Feldenkrais Awareness Through Movement classes and individual sessions help people to quickly and easily make positive functional changes in our interaction with the environment, as well as structural changes in our body and create measurable changes neurologically.

Neuroplasticity can be both the source of chronic functional problems and the means to recovery from them. The **Feldenkrais Method** takes advantage of our ability to improve our brains ability to function and learn new information by altering our brains sensory perceptual processes through gentle movement.

In a **Feldenkrais movement** class you will be guided through a combinations of gentle and simple easy to perform movements that progress gradually into more complex movement patterns.

As participants become more aware and able to feel how their bodies are interacting internally and with the external environment (i.e gravity, the ground), their bodies sensory motor-perceptual processes acts to refine movement and increase the brains perception of the body to create more ease, power, range of motion, more energy efficient movement and better body alignment which reduces chronic pain created by inefficient, unaligned and poor movement patterns.

The Feldenkrais Method is highly effective for:

- **Pain Management**
- **Functional performance and motor control**
- **Improving Quality of life**



Risk and Safety - There is very little risk involved in the use of the Feldenkrais Method. It is both conservative and safe. People are instructed to stay generally within the bounds of pain-free ranges of motion and use as little effort as possible to perform each movement. As a result of this slow and comfortable approach, people learn that they can find more mobility, safety and comfort than they had imagined possible.

Feldenkrais focuses on the brains ability for discovery and learning developed through observation and awareness to make changes best suited for your health and actualization of your intentions.



Developing dexterity “Learning how to Learn”.

In the Feldenkrais Method the ability to learn or: “**Learning how to Learn**”, is a primary focus of the method. Each class helps participants to develop a brain and nervous system that can increasingly build the capacity to instantaneously respond to internal and external changes in their body and environment. A focus is placed on our ability to perceive **differences that make a difference** to your physical/emotional/cognitive success and survival.



Dexterity is the development of the ability to freely and spontaneously move in an ever-changing and unpredictable internal and external environments.

Feldenkrais work develops ones ability to improvise, respond, and to be resilient and less challenged by changes in your body and external environment. When we are in resistance to change we often resort to **primitive responses** including dis-functional and chaotic movement patterns, thinking and emotions that diminish your options for action.

The less choices or inability your body/brain has to freely and spontaneously respond and change it's organization under a varying circumstances, is directly related to decreases strength, loss of flexibility, "poor posture", increased injury, prolonged chronic pain, loss of vitality, exaggerated compensation patterns and extended pain cycles.

Dexterity is different than a "**Well-coordinated habit**" or "**Reflexive movement**" that can accomplish the task.



Feldenkrais attempts to create an antidote to **reflexive/ habituated states** that inhibit your body, mind, and spirit and moves you towards your intentions and potential.

Increasing your dexterity increases your ability for freedom of expression in body/mind/emotions.

Developing the ability to observe, feel and listen to your self, creates changes in your body that lead to learning and the sensitivity to increasingly organize your self for optimum potential and better health and wellness.



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