



Inspiration for the Journey

Experts share a personal pivotal moment



Seeking the essence of the mystery has always been my path, whether it is through the movement of attention, physical movement, or sound and space. There have been more moments than I can count where I have experienced these eternal qualities. My Feldenkrais® moment, 40 years ago, with Moshe in Amherst, came while spending 3 weeks preparing for the headstand.

Each day we would add a new dimension towards the completion but be never aware of the end game.

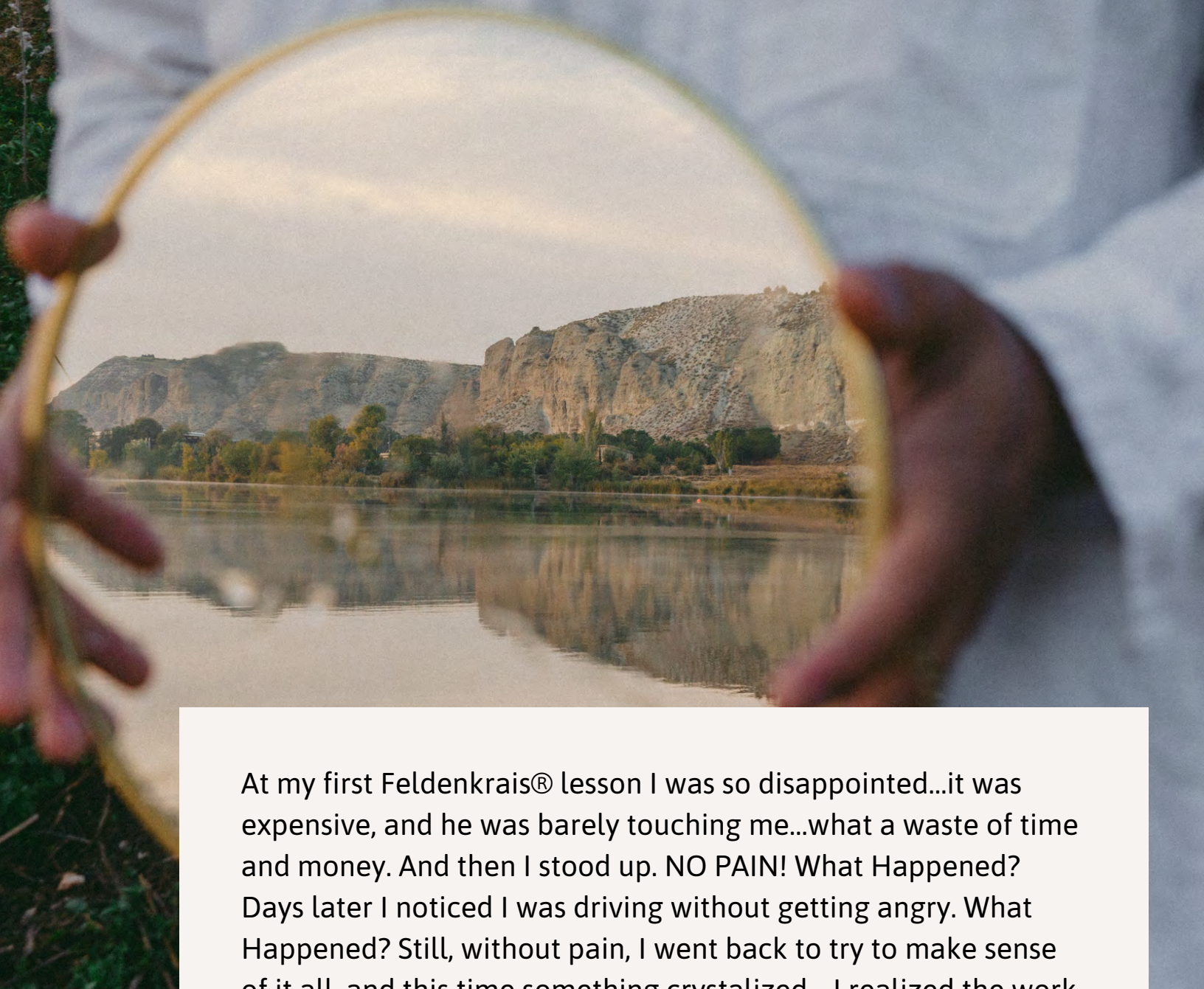
We learned to fall in every direction, and finally, with the top of my head on the ground and my arms standing, something extraordinary happened: I felt someone or something had thrown my legs over my head, and I did not know how they got there! It was effortless! And for moments (seemingly out of time) I was suspended upside down.

Then my mind awakened to thoughts, and I fell with grace.

The form and the formless met in me.



Linda Evans Delman
The Embodied Life



At my first Feldenkrais® lesson I was so disappointed...it was expensive, and he was barely touching me...what a waste of time and money. And then I stood up. NO PAIN! What Happened? Days later I noticed I was driving without getting angry. What Happened? Still, without pain, I went back to try to make sense of it all, and this time something crystalized... I realized the work I did was something I never wanted to do again. What Happened? What happened was I felt clear, my thoughts coalesced, I felt more connected to myself and I thought maybe this is something I can do. And I did! And I still am doing it!!!



Alan Questel
[Kindness In Action](#)

Pleasure is THE way.

For a very long time, I walled off my connection to my body. I did not want to acknowledge the physical pain of going to extremes dancing and I did not want to include the subjective experience in my scientific discourse.

I thought I was protecting myself when I actually was limiting the connection to the life force that is pleasure in the body. When I fell from the stairs and a segment of my psoas muscle detached from a vertebra, I had to choose between having it titanium-wired back to a drilled vertebra or moving in a different way. Both options included dealing with anatomical compensations for a lifetime.

So I choose to move differently. Sounds easier than it is. It took thinking differently and reorganizing my life. If I sit crookedly I'll have back pain for 3-weeks, immediate postural karma if you wish. That's an injury that'll never heal and that requires tending to it and being awake - sensing at all times with all of my body, heart, soul, and however you want to call the self.

I found that pleasure in the body is the ultimate source of life force and that sensuality is the natural way of being—we see it in nature. Sensuality in the flowers, the trees, the felines, the whales. Life is pure splendor and bliss.

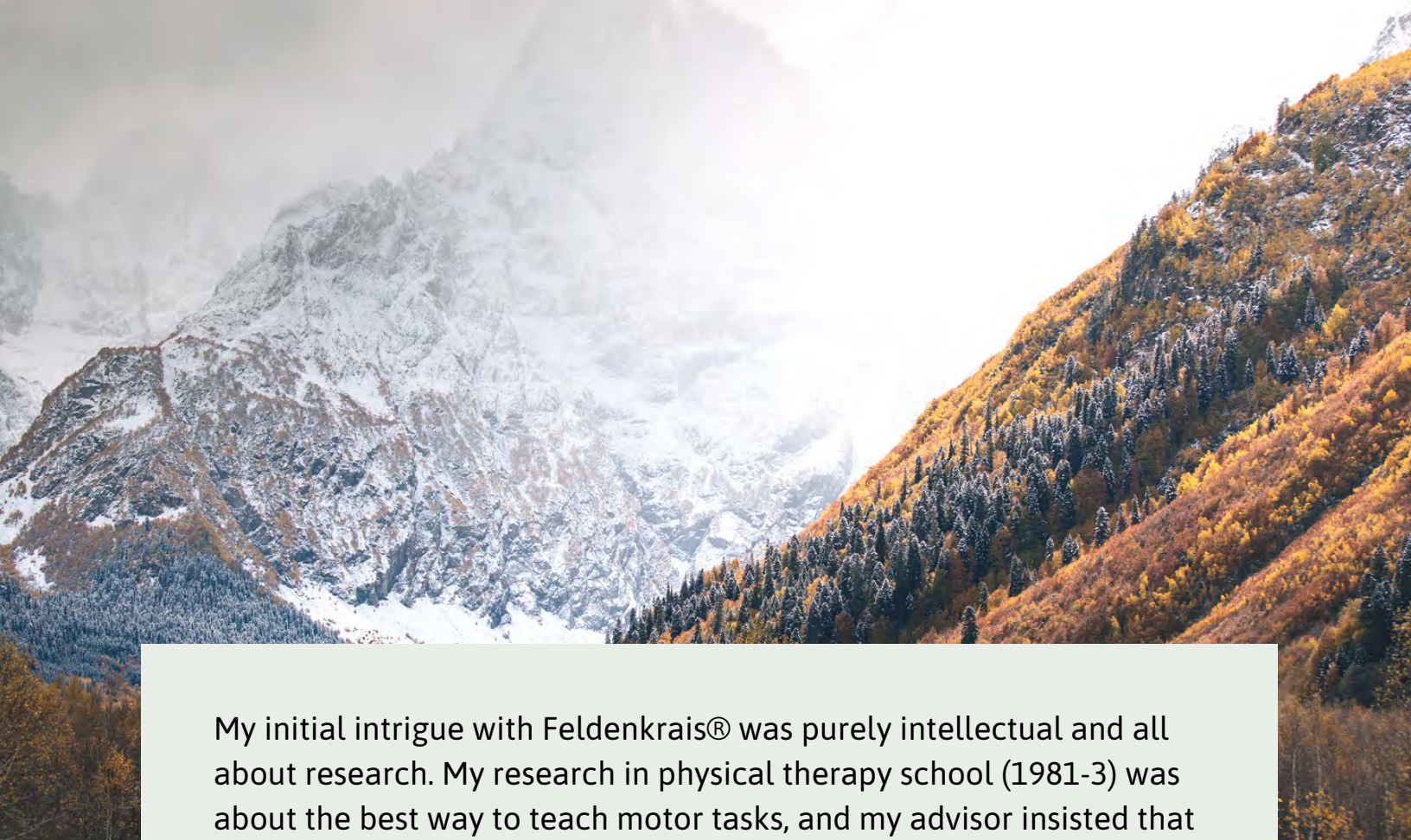


Candia Raquel
Centro De Poder

Stunningly simple movements were what I witnessed (and later practiced) that led me to discover the Feldenkrais Method®. My way into this journey toward learning to move and feel better began with my aching right shoulder. 30 years ago, in 1992 I watched theater director Lyndall Jones work with a fellow performer who had injured his shoulder. Lyndall laid him on his back and then gently guided him to move his shoulder first in straight lines, then later in small circular pathways. It was so simple that it seemed impossible to me that those gentle movements could do anything to help. But to my surprise when I replicated those apparently innocuous actions on my own at home, I was stunned by the improvements I felt. The next day I asked Lyndall if there was a scientific basis to her process, to which she responded, “it’s the Feldenkrais Method.” That was enough to ignite my curiosity and within a year I had enrolled in a teacher training program, to delve more deeply into what I have come to understand as the art and science of life-long learning.



Anastasi Siotas
Siotas



My initial intrigue with Feldenkrais® was purely intellectual and all about research. My research in physical therapy school (1981-3) was about the best way to teach motor tasks, and my advisor insisted that I include Feldenkrais in my literature review. Ten years later I was working in a rehab center, specializing in pain and disability from complex spinal disorders, and collecting data for more research. All the fancy graphs of three-dimensional spinal movement indicated that the conscious aspects of action improved quickly and completely with rehabilitation despite everyone's best efforts. The unconscious aspects remained graphically disorganized and inefficient. In one giant Aha! moment, I remembered my 1982 short and sweet dismissal of the method - "It is a way to teach the unconscious parts of a movement." With complete certainty about it, I found a Feldenkrais training program that was about to start and I enrolled. Thirty years later, I'm absolutely certain that it was the right move.



Candy Conino
Center Of Motion

The Feldenkrais Method® has grown me into liking myself more, being kinder towards myself, and now being even kinder to others.



David Zemach-Bersin
Feldenkrais Access

I was determined to be a working actor in NYC without a plan B and I was for 10 years. It was hard, it was exciting, it was crazy. Throughout the years, I always returned home to Vermont and to my special nature spots outside and even within the city to regain my balance, equilibrium, and re-connect. Then it struck me... Why not live in that special space more in my life? Why not move? Why not completely change my life and my career to be in nature? Being an actor for all those years, I needed to be with people. I loved interacting and experiencing something amazing together. With the help of a career counselor, I began to garden for the parks dept. and then I found "forest bathing." There was the very first training in the Americas to become a certified guide. I bartered, borrowed, and flew to California for an experience that truly changed the trajectory of my life. Now, I live within nature and experience what happens when our human community joins our natural community. It's beautiful.



Duncan Murdoch
Nature Connecting Guide

During my Feldenkrais® Training, I noticed two interesting changes. My hands were both softer and stronger. I discovered that I had a more delicate touch when picking ripe raspberries or handling tiny seedlings. I also found that the heavier tasks such as shoveling, raking, and lifting were easier. This prompted me to explore what I was doing differently and look for ways to share that with others who were regretting that they were no longer able to enjoy their precious hobby.



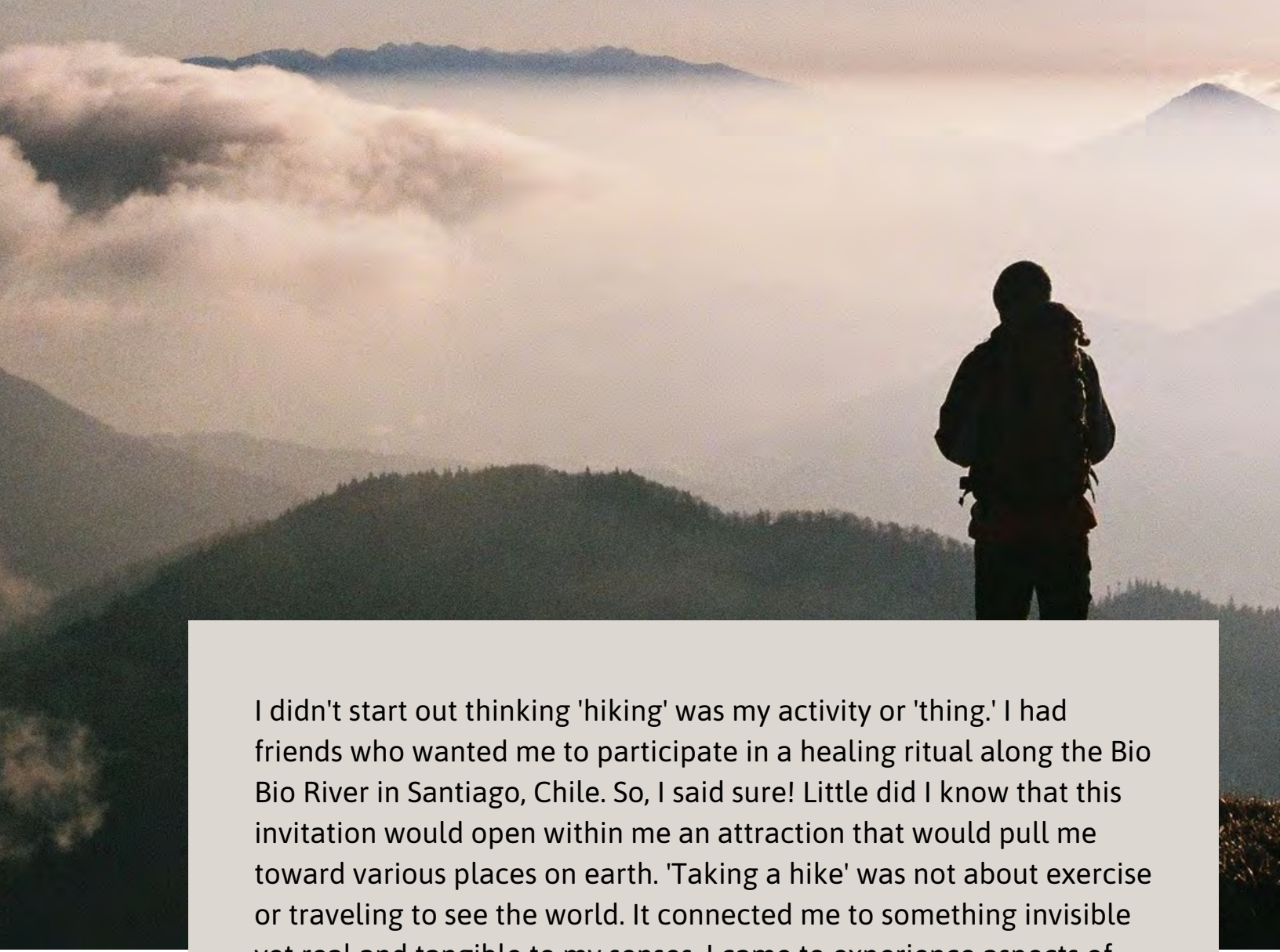
Jenni Evans
[The Heartland Center](#)



In the spring of 1972, I was in a speech class at Oregon State University. My professor had just attended a workshop that Dr. Feldenkrais® gave in Portland the previous weekend and presented his interpretation of 15 minutes of ATM. As a university-level basketball player, there was more implicit intelligence in those 15 minutes than in the 5 years I had spent busting my ass on the basketball court.



Jeff Haller
Inside Moves



I didn't start out thinking 'hiking' was my activity or 'thing.' I had friends who wanted me to participate in a healing ritual along the Bio Bio River in Santiago, Chile. So, I said sure! Little did I know that this invitation would open within me an attraction that would pull me toward various places on earth. 'Taking a hike' was not about exercise or traveling to see the world. It connected me to something invisible yet real and tangible to my senses. I came to experience aspects of myself more clearly, and I am amazed and delighted by my changes. My experiences on the trail have helped me emotionally, mentally, and physically in many areas of my life, allowing me to apply these learnings as I navigated the shortest hike of my life - 100 yards across a rocky driveway with a new total hip replacement. Today, I prepare for my next adventure with Mother Earth, hiking Zion National Park and Bryce Canyon in Utah.



Carol Montgomery
Montgomery Somatics

As Crossfit Trainers, our primary focus is training individuals in the safe execution of functional movement under load and intensity to achieve a stimulus that results in improving overall fitness. We create programs that contain workouts of varying intensity to incorporate mobility and mindset to complement more rigorous training days. Optimal performance comes from the inseparable connection between the body and mind with focus, relaxation, and a positive sense of self.



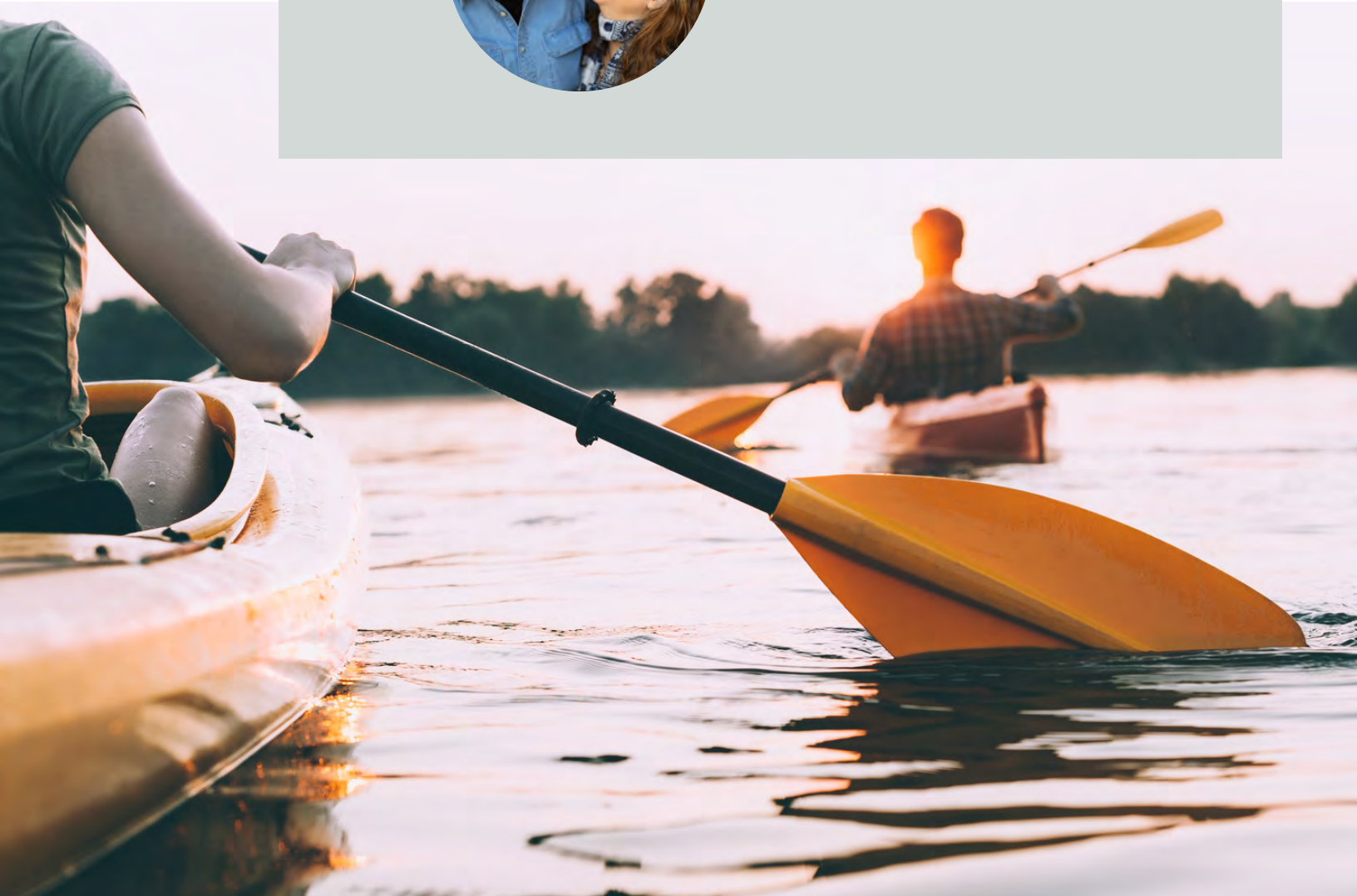
Carla DiGirolamo
Fit For Life MD



I was a newbie kayaker, panicked and paralyzed, in the middle of Lake Champlain with four-foot waves and a storm approaching. Old, unhelpful habits of thought and behavior had taken over and I feared for my life. When I realized that I could utilize the mindfulness tools and concepts I developed and use as a psychotherapist, I was able to engage my wise self, regain control and guide my kayak safely to shore. The techniques of a Full Spectrum Perspective, Circles of Compassion and a Pause can both change and save lives.



Gretta Keene & William Murray
Mind Your Weather

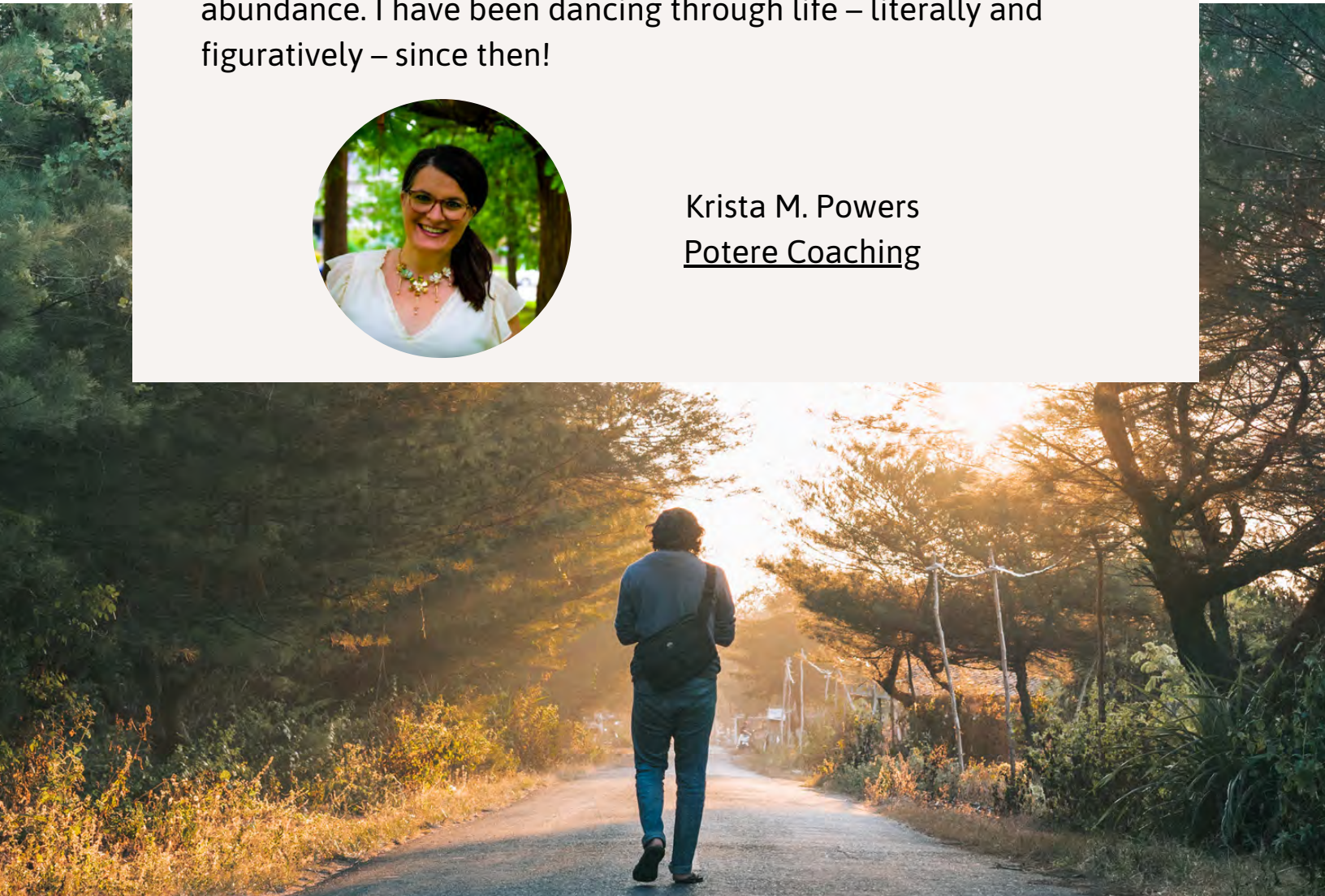


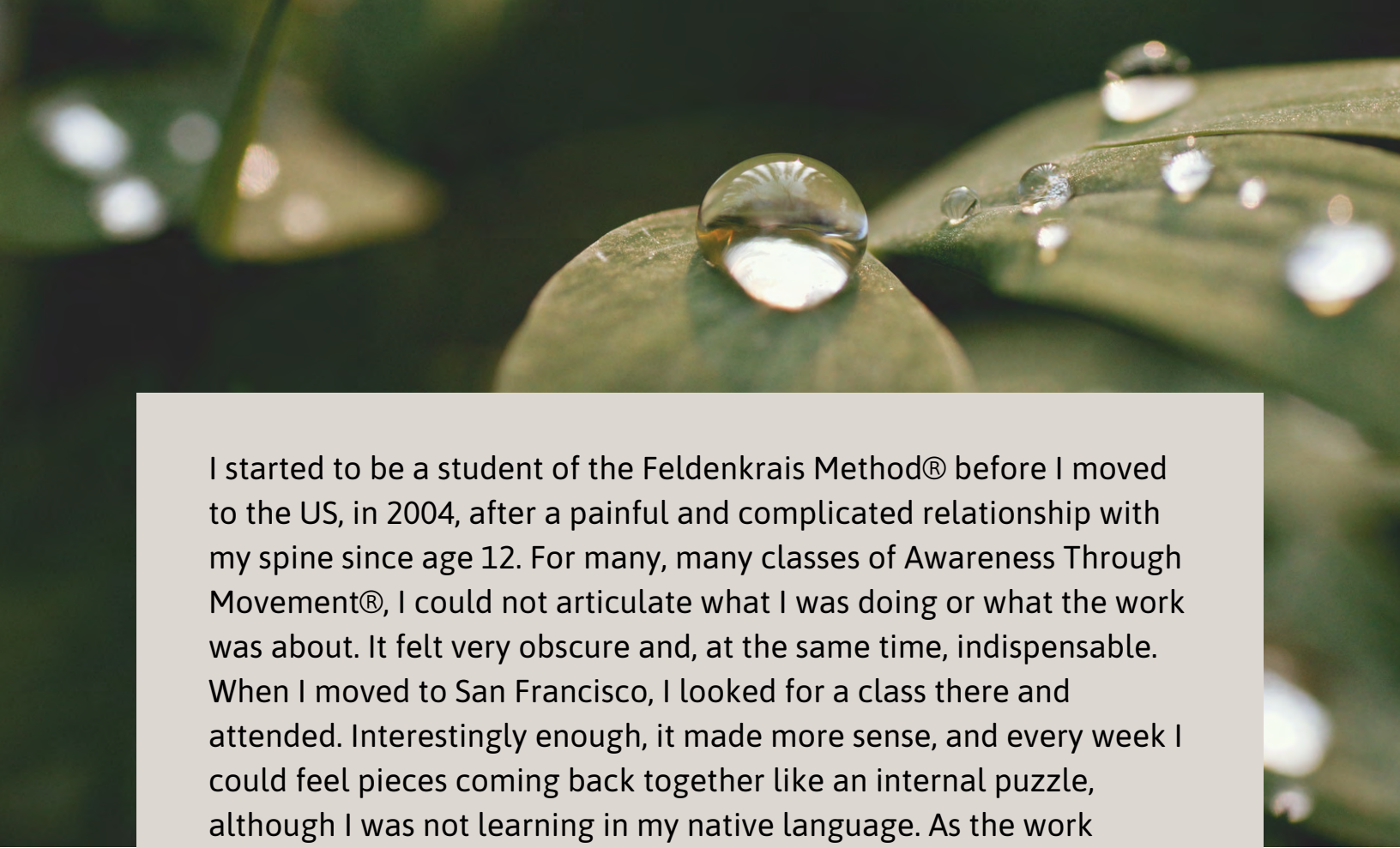
It was the summer of 2020, and the world was deep into the pandemic. The heavy investment of time and energy at work simultaneously invigorated and exhausted me. One day while out for a walk, I was struck with clarity. I was not intentionally searching or thinking or processing. I was not fretting about work or the future. I was simply walking. It was a happy addition to my daily routine, and a way to sort myself out from the seemingly endless onslaught of work. On that walk, the thought that bubbled up from within made me pause. Then a smile blossomed deep inside, flowed throughout me, and caused the corners of my lips to turn up. Yes...

Opportunities suddenly began appearing. Friendships developed and I found my way to a local circle of gentle moving Tai Chi friends and next to Feldenkrais®. Just like that, I was on a path that opened my mind, body, and spirit to grace, freedom, and abundance. I have been dancing through life – literally and figuratively – since then!



Krista M. Powers
Potere Coaching

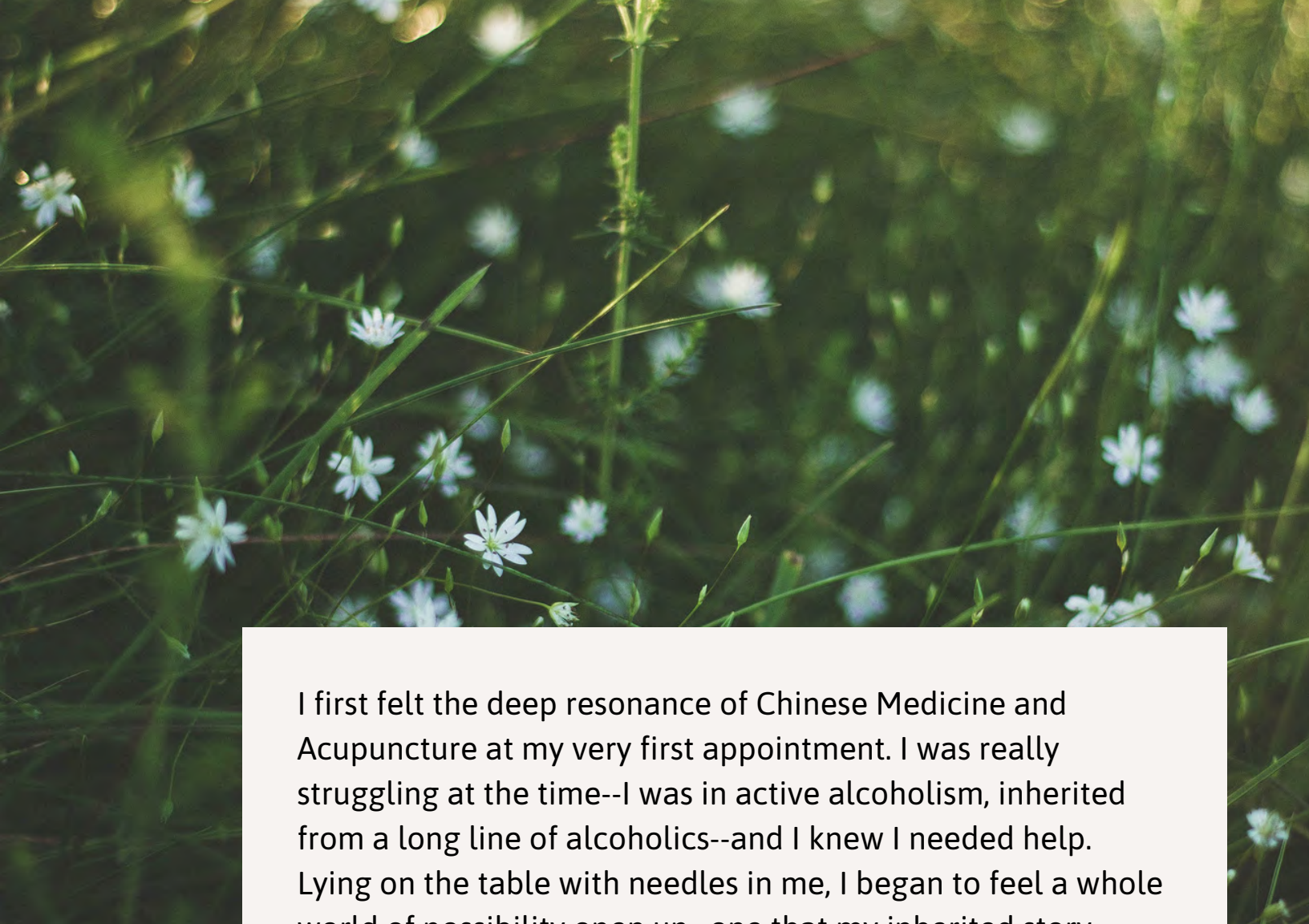




I started to be a student of the Feldenkrais Method® before I moved to the US, in 2004, after a painful and complicated relationship with my spine since age 12. For many, many classes of Awareness Through Movement®, I could not articulate what I was doing or what the work was about. It felt very obscure and, at the same time, indispensable. When I moved to San Francisco, I looked for a class there and attended. Interestingly enough, it made more sense, and every week I could feel pieces coming back together like an internal puzzle, although I was not learning in my native language. As the work became more fluid and clearer in this new language, it became more fluid and clearer in my own body. I had my first direct experience of changing patterns and habits on a very profound level. After my family and I moved to the East Coast, I decided to take the Feldenkrais training. One day, after hours on the floor, feeling every part of my spine and being immersed in my sensory experience, I stood up and felt like I never did before - not only my spine and my skeleton, but my thoughts, aspirations, strength, and place in the world. I felt like being truly myself. Our trainer walked by and said, "Francine, you look so radiant, you are glowing!" I explained to her that it was the effect of this work, and she smiled, knowing exactly what I meant.



Francine Bonjour - Carter
Francine Bonjour



I first felt the deep resonance of Chinese Medicine and Acupuncture at my very first appointment. I was really struggling at the time--I was in active alcoholism, inherited from a long line of alcoholics--and I knew I needed help. Lying on the table with needles in me, I began to feel a whole world of possibility open up--one that my inherited story didn't guarantee. I physically didn't know it was possible to feel this good. This opening helped me end my drinking and change my career path (I enrolled in graduate school for Chinese Medicine after a couple of years of sobriety). Almost nineteen years later, I delight in living the principles of Chinese Medicine and healthy qi flow in my daily qi gong practices, my business coaching, and leadership for my busy holistic health clinic. It just keeps getting better and better!



Julie Bear Don't Walk
Life Flow Counseling

I knew Feldenkrais® was a magical place to live when I did my first intensive week of Awareness Through Movement®. I was welcomed into the interior space of a place and time where I could be fully present, I could leave all worry and concern behind, and where I felt totally safe and made welcome. To be given that kind of support, the kind that gives you full permission to release duty, guilt, or shame so that you can re-organize yourself to live more fully, enjoy more completely, and relate to everyone around you with directness and clarity, that's a life I could make room for even if the world went completely mad...and I must give credit to the folks at Movement Educators in Santa Fe, NM and to Yvan Joly, Educational Director of the Santa Barbara Feldenkrais Training for having the training in such a beautiful place and for making sure the group dynamic was a priority. It was a safe space to unfold, grow and regroup from old patterns that no longer served.



Gabrielle Pullen
The Resilience Zone

I was one of those kids born in the 1950s whose legs or feet didn't function normally. I was extremely bowlegged so at age 18 months both my lower legs were broken, reset, and put into casts. They then became extremely straight. I learned to manage the instability by locking my knees. But the insecurity found expression in various ways for many years to come. Movement was the prescription for healing. Roller-skating, dance, yoga, Tai Chi, etc., helped so much to give my little spirit a way to express herself. But the gestalt moment was in 1982 when Moshe Feldenkrais looked through a small group of groupies surrounding him and saw me standing on the outer edge, quietly observing. He gestured me to come close, asked my name, and then said, "Your mother taught you that you are supposed to be shy, but you're not, are you." At that moment I was touched to the core of my being and launched onto my path.



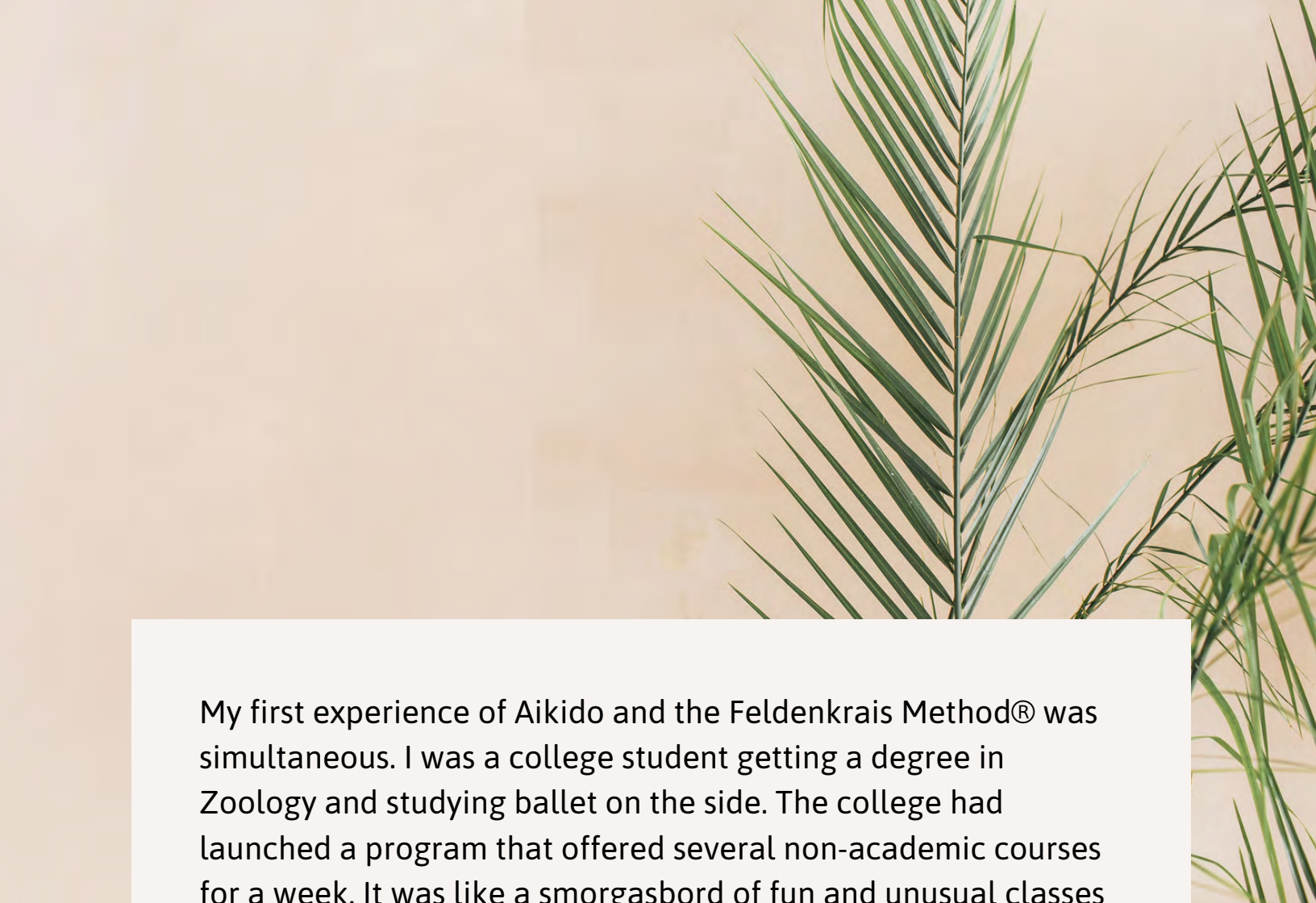
Kachina Abeita
Kachina Abeita



I have had arthritis from age 13 due to chronic malnutrition. By the time I graduated from medical school in Sydney, it was disabling. That was why I tried Tai Chi. It has helped me control my arthritis and transformed my health. I became passionate about sharing this wonderful gift with others. Working with other medical and Tai Chi experts, we created a series of Tai Chi health programs that are easy to learn, enjoyable, and proven by medical studies to improve health and immunity. Our team has trained over 40 thousand instructors and taught millions of people around the world.



Dr. Paul Lam
Tai Chi For Health
Institute



My first experience of Aikido and the Feldenkrais Method® was simultaneous. I was a college student getting a degree in Zoology and studying ballet on the side. The college had launched a program that offered several non-academic courses for a week. It was like a smorgasbord of fun and unusual classes (this was around 1975). Two of the classes that I attended happened to be an Aikido demonstration by George Leonard and a Feldenkrais Class with Will Schutz. Needless to say, these two experiences planted some seeds. However, it was several years before these seeds would begin to sprout.

What allowed these two brief experiences to sprout was the idea that I could continue to learn from movement and not only learn from books.



Kathy James
Kathy James



As a young man in musical school, I struggled with a repetitive strain injury that looked like it was going to end my piano career before it started. I discovered Feldenkrais® and immediately my mind and body both became more comfortable and more effective, which at the time felt like a paradox. Prior to that moment, I assumed success in anything required hard work and strain! With Feldenkrais, I immediately had less pain and more confidence. I began to learn to solve my own problems with curiosity, sensitivity, and intelligence instead of brute force. I was hooked.



Nick Strauss-Klein
Feldenkrais Project

In the late 1970s, I was a pastor in a small rural community. What I had not counted on when I moved there was that I would be the first line of mental health care for this town of 500. There were four churches in town but I was the only pastor that lived in town. It was miles to any health care professional (physical or mental). I was not prepared for this but I did the best I could do (no diagnoses were required). Eventually, I had a chance to attend a continuing education course that, as it turned out, included an introduction to Neuro Linguistic Programming (NLP). That introduction alone was enough to make the way I interacted with and helped those who came to me so much better than I could have imagined. Since then, I have taken more than 800 hours of training.

What started out as a tool for helping people solve personal and interpersonal relationships, became a tool for being a better student, better employee, manager, business person, and full participant in my own health and well-being.



Larry R. Wells
Future Life Now Online

As a conceptual artist, I've always been interested in human potential and direct perception. When I discovered that non-repetitive movement awoke new ways of understanding myself and that subtle micro-movements could shift my perception of the world I lived in, I became fascinated with exploring what I now call Core Awareness.

Although I was diagnosed with scoliosis, kyphosis, and lordosis as a young girl, I simply was unaware that it was possible to dissolve fear and with it my back pain and patterns of discomfort. It was curiosity and a spirit of play that led me to discover the psoas as a vital, intelligent, soulful messenger, supporting and nourishing the very core of my being. Exploring psoas not only supported my core integrity, sense of safety, and ease, but also evoked innovative new possibilities of expression.



Liz Koch
Core Awareness


Three instances made me drop everything and devote my life to studying the Feldenkrais Method®. The first two relate to the rigorous, scientific thinking of Dr. Moshe Feldenkrais. He had an uncanny ability to convert abstract ideas to concrete experiences anyone could understand. In his lecture, "What is Health?" he didn't just clearly define health. He also offered a way of measuring health through the intensity of a shock that would interrupt your usual way of life (and, therefore, make you sick or unwell).

The second huge "AHA" was Dr. Feldenkrais's view of good posture as a dynamic state from which you can move in any direction without preparation or hesitation. As an athlete, I instantly clicked with the brilliance of this concept.

The third time my mind was blown away by Moshe was when I learned of his way of teaching students to defend against knife attacks. Instead of showing and teaching some arbitrary moves, he used high-speed photography to discover an individual's spontaneous responses to threats. Then he used their natural reactions to help them figure out the best strategy. He wouldn't change them but bring all the best out of them. It's the work of a genius!



Marek Wyszynski
Better Movement



Through Somatic practices I became more in touch with myself, through becoming more in touch with myself, I could sense more deeply, by sensing more deeply I am more connected with my living.

Being connected with my aliveness brought me more pleasure. By getting to know more about what brings me pleasure, I am able to explore my creativity which is sustained by my joy for learning. Learning instills my curiosity to keep on experiencing. My body is me in my process, building itself through all the turning points of my life. My body anchors me to the earth. Grounded, I connect more intimately with the Universe, the almighty unknowable; embodied, I establish my living body. How I live my body is the story of my process, who I perceive as ME. I am my body, my body is me. It is a pleasure to inhabit my body. Through The Feldenkrais Method®, I am able to speak to myself in the language of whom I am becoming, of how I am forming, breathing, moving, and feeling.



Nicolette De Saint Amour
Center of Motion

After my first ever Feldenkrais® Functional Integration® lesson, which I got in my 20's, I felt that my whole body had changed (not good, not bad, just my arm was longer, my spine was twisted, etc.). I understood that this was going deep and I wanted to learn more about that method.

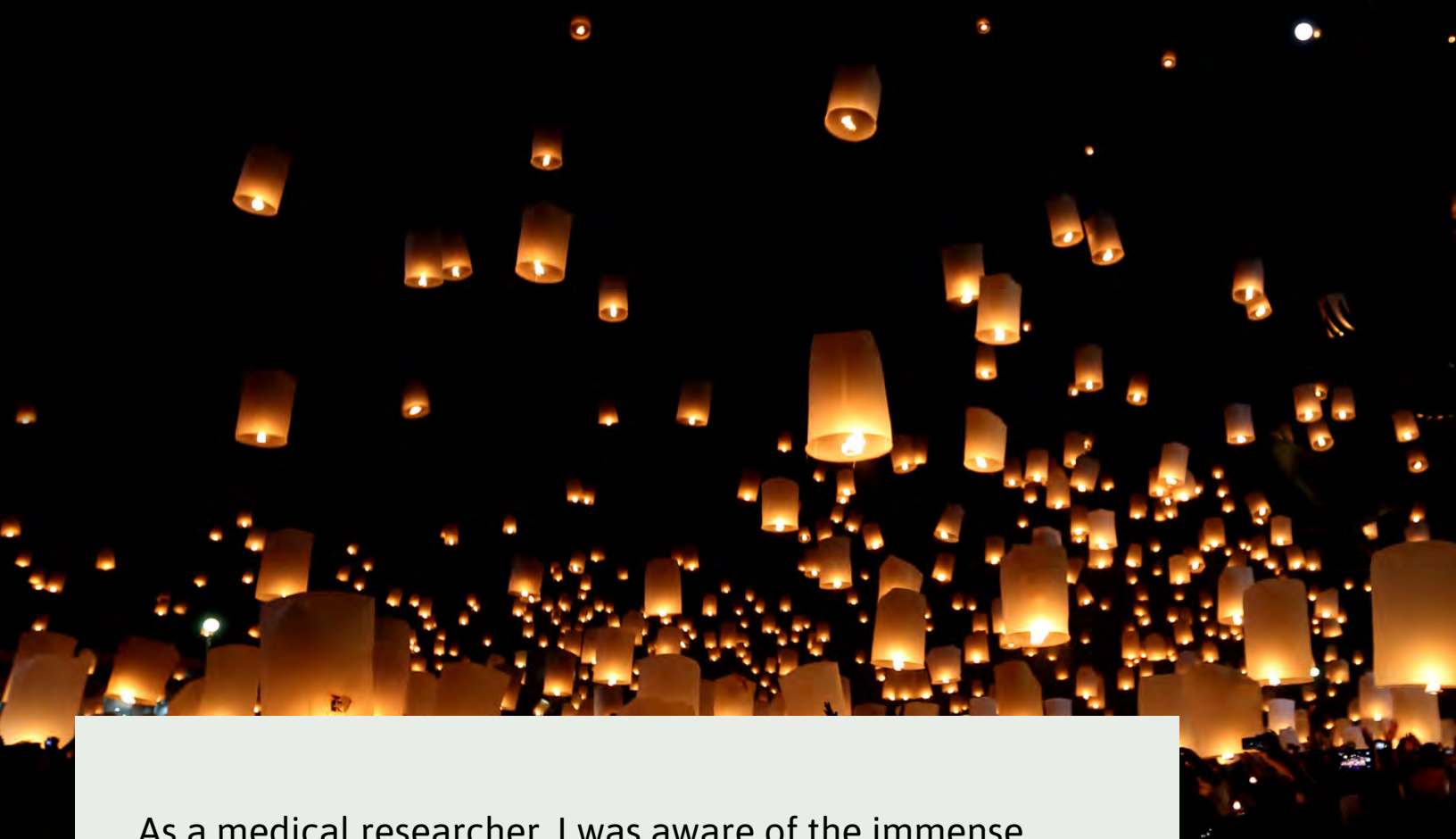


Oliver Finck
Feldenkrais Berlin

I was visiting a friend out of state. Without telling me anything about it, he said, "We're going to a class this morning." It was my first Feldenkrais® class. The teacher guided us through an entirely one-sided lesson. Of course, I left the room feeling lopsided – very relaxed on one side, with my usual quirky tension patterns on the other. My friend had an activity that afternoon and dropped me at a museum to pass the time. Quietly strolling the displays, I clearly felt the moment when my nervous system integrated the learning and applied it to the other side of my body. Suddenly, without any effort or repetition of the movements, I was balanced. I was so curious to learn more about what had happened and looked for a Feldenkrais teacher when I got home.



Paula James
Art of Moving Well



As a medical researcher, I was aware of the immense epidemiological problem that back pain poses as well as just how ineffective conventional medical treatments have been. My satori moment came when a Feldenkrais® trainer put me on an unstable ("active") chair. I suddenly understood the back pain/posture connection in a physical way, an understanding that had eluded my efforts to comprehend the problem with conventional medical research tools.

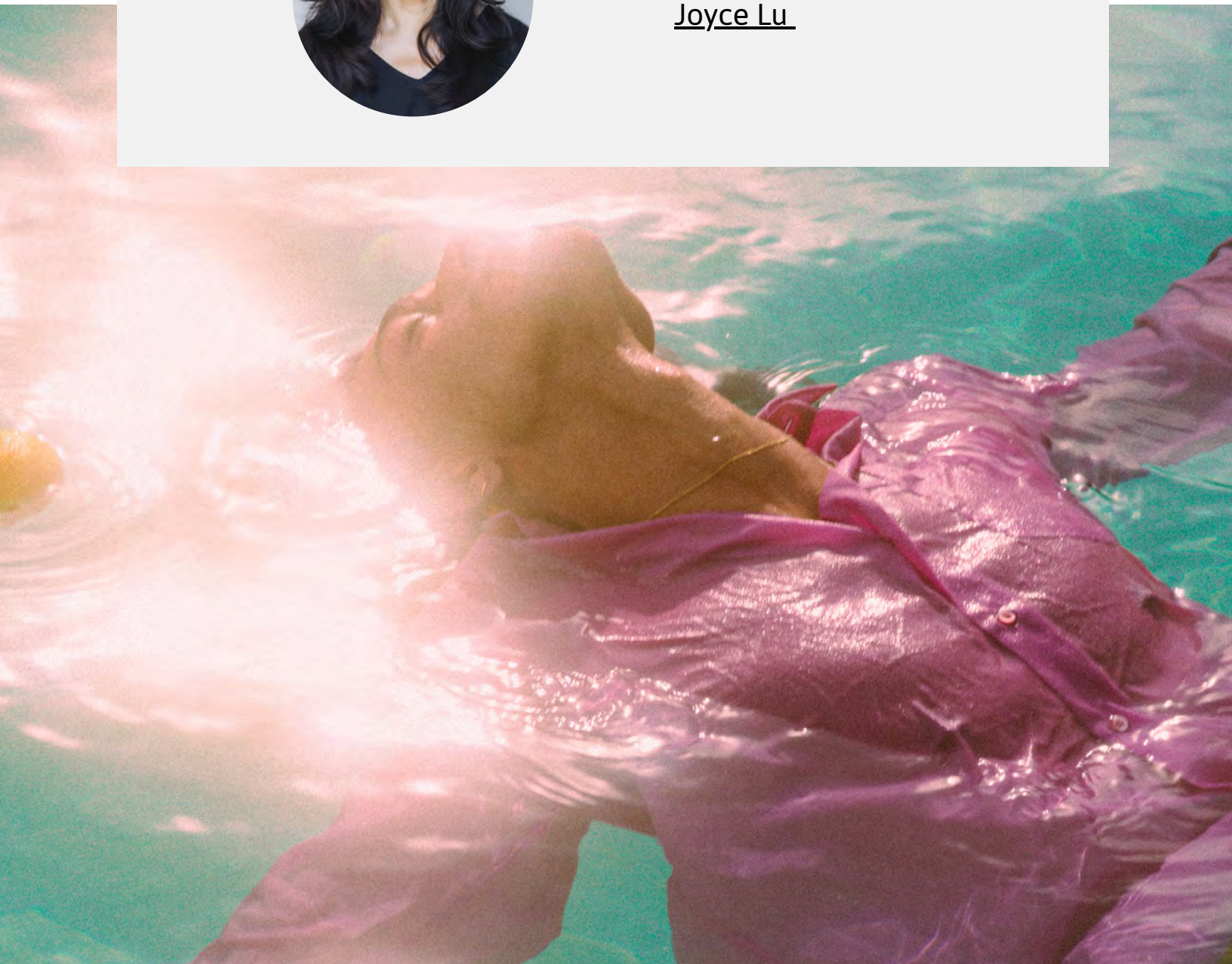


Turner Osler
QOR360

I knew that Feldenkrais® was for me when I was doing an Awareness Through Movement® lesson and I felt my nerves mobilize to actually move a bone into a better place. I believe that the Method also empowered me to succeed at getting a job. I'm very thankful for Moshe Feldenkrais!



Joyce Lu
Joyce Lu



While deeply engulfed in a managerial position for a large non-profit, a shoulder injury from a water skiing accident in my early 20s came back to haunt me. I tried everything before turning to Feldenkrais®.

Through the awareness I cultivated with Feldenkrais, I not only found healing for my shoulder, but was also able to sense my actions better - when I was approaching trouble in my movements, and how I could get out of trouble more quickly.

More significantly, I realized the vicious cycle I had been churning, working to prove I was good enough. Instead, I uncovered my strength and resilience, my own wealth of resources. I learned to listen to myself and what I really needed. I felt more connected within me and more connected to the world.

On this journey, I discovered the path and passion of my life work. Today I bring together learning, movement, mindfulness, and a passion for helping others. I am fortunate to witness my students' discovery of their potential and realization of a better life. Together we create hope, with a plan.

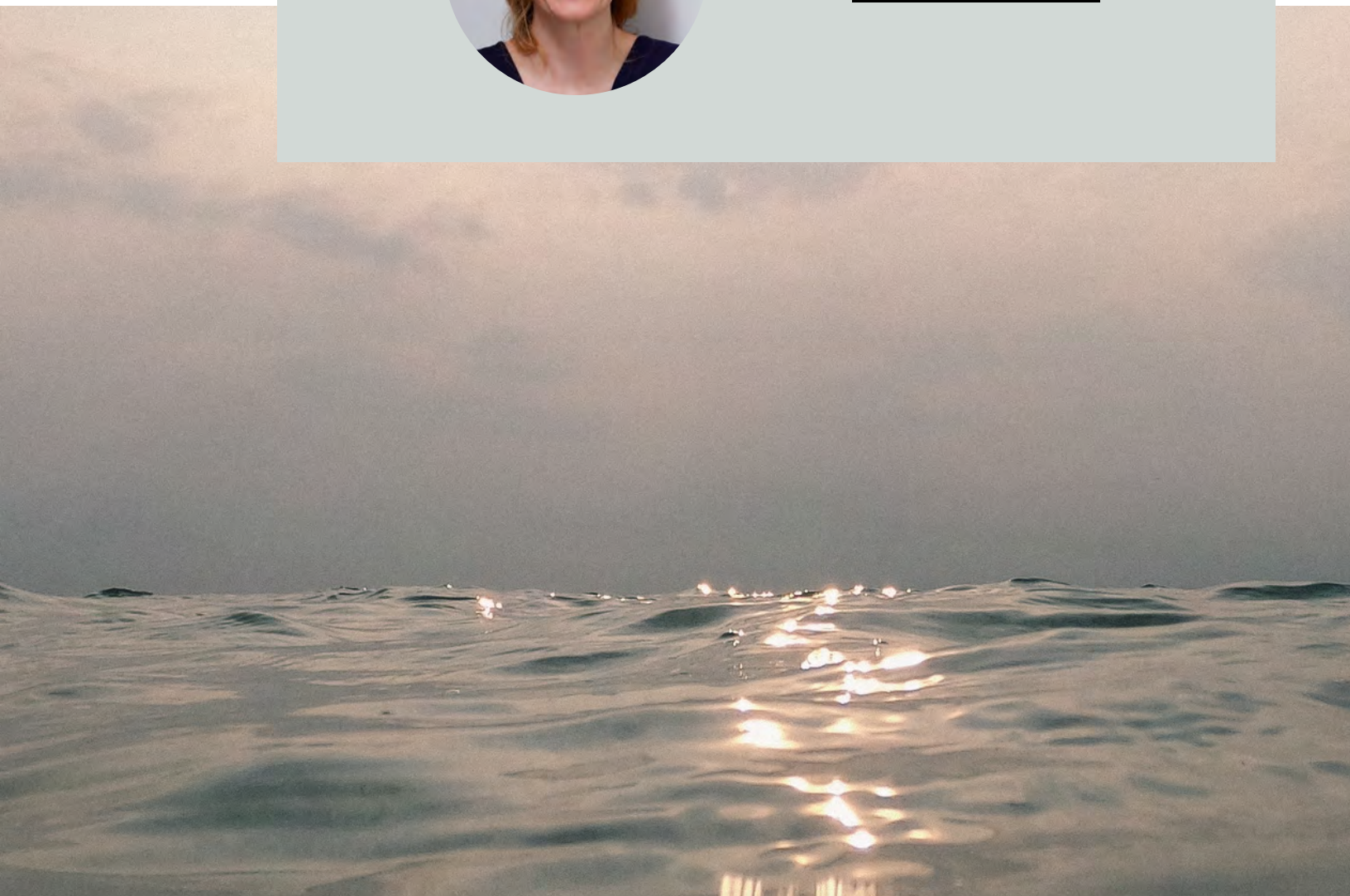


Dorothy Henning
My Move

As a performing artist, my quest was always to inspire an awakening of the creative imagination in each audience member. To create an opportunity for someone to experience a realization, a flash of their own brilliance or the awe of awareness dawning and unfolding is the ultimate goal. I find that the Feldenkrais Method® offers an accessible, clear pathway for me to guide people into this kind of experience, the very nature of creation. Through a movement lesson, with their mind & body as the piece of art, they become both performer and witness in the self-same moment.



Molly Jaeger
[Move To Nourish](#)





I had studied things like theater, dance, and mime, which had been taught from an external perspective. At least, I had learned them that way. My first days in the Feldenkrais® training were very strange as I tried to do a scan of myself lying on the floor... from the outside. Then I “fell” inside myself into a whole new world. My fascination with non-verbal communication was even more transformed.



Anna Johnson Wolf
Sensegence

Movement was what drew me to Feldenkrais®, along with the ways in which learning how to learn through movement changes everything. Anything can be learned or unlearned through how we move. If we are wanting to find freedom, and end ways of domination and extraction that are destroying this planet - that can be learned through movement. If we are wishing to grow compassion and love, we learn that in how we move in and relate to the world. We can remember the deep intelligence of the soft animal of our bodies.



Carl Rabke
Embodiment Matters



After dealing with chronic pelvic pain and seeing all sorts of professionals, and then being hit by a car, the Feldenkrais Method® is what helped me the most. It wasn't instant relief, but it brought well-being that became louder than the pain at first; then slowly the pain dissolved. This life-changing adventure allowed me to get back to dancing and circus training and to become stronger than ever. I empathize with clients and I am proud to be stubborn...because I believe strongly that we can improve their well-being together.



Christine Germain
Motion Exploration

I had a severe workplace-related injury as a young woman, which meant I could not successfully work for 10 years. I endeavored to manage the Repetitive Strain Injury, or Occupational Overuse as it is now known, through every kind of health care I could find, with little success.

A friend advised me to try Feldenkrais®, as it would enable me to explore my habitual patterns and learn new ones. I was cynical, but after my first FI, I had over two hours of no pain. I was hooked.

When I returned to work after the training, my injury returned. I began doing my Feldenkrais during the work breaks and then teaching Feldenkrais both within the corporate environment and in the community. I now live a full life that has few movement restrictions. Except I hesitate to jump on a monkey bar.



Margaret Kaye
Margaret Kaye



I was that rebel toddler that got out of the crib on Christmas night to check and see if the "Santa" story adds up. For as long as I can remember, I have needed answers. It took a few years of emotional maturing to understand that for many of life's most important questions the answer is "it depends." And it took a few more years still to understand that sometimes we just need to stop asking and stay with the experience.



Erifily Nikolakopoulou
Feldenkrais® and Yoga



After my back injury, which led to chronic pain and forced me to give up all my athletic and adventure activities, I tried Feldenkrais® on the recommendation of the only person who had even begun to decrease my pain. In my 7th Feldenkrais session, I discovered the most exquisite twisting movement between 2 of my thoracic vertebrae (not the part of my back that was injured) that I had never, ever felt before. I did not want to stop doing the movement. It felt so good as if my body was craving it. I decided at that moment that if Feldenkrais could do this, it could heal my back and give me my life back. Because there was no one in Alaska teaching Feldenkrais at that time, I decided to pursue the 4 years Feldenkrais Professional Training Program so I could be well again and pursue the adventures and lifestyle I had previously enjoyed as a ski and windsurfing instructor. Then it occurred to me that maybe, it would lead to a new career... and here I am!




Shari Lee
Feldenkrais Journeys

In the first workshop that I took in the Feldenkrais Method®, the instructor said, "If you learn one thing during this workshop, you will be successful." I thought, "What? School was stressful. How can that be?" I found out that he was right and there never is an end to that learning, so how can I keep learning how to make it easier? The Feldenkrais Method offered that to me.




Lindy Ost
Smartroller



"Just Relax"... This phrase haunted my psyche and body for much of my developmental years. After trying many modalities in my 20s in search of this mysterious "relaxed" way to function, I stumbled into an Awareness Through Movement® class that left me feeling curious, relieved, and able to sense myself consciously for the first time. I learned how to work with a depressed state of mind, by slowing down and moving differently to feel new options and pathways of choice. I created new ways of teaching myself how to optimize my music making, relearned how to play my instrument without TMJ pain and tendonitis, and better understood how to think, move, and live overall with immeasurably more joy. The Feldenkrais Method® gives me the tools to build a vitality in life that I couldn't have even imagined while I was searching for the "relaxed" state. Almost 20 years later, the Feldenkrais Method still provides me with new tools for aging with vibrancy, creating music with passion, and helping hundreds of people find their fullest and most vital capacity with any career, any pastime, or any stage of life.



Erin Finkelstein
Sound Movement Services



I was told at 40 years of age that I needed knee replacement surgery. That there was no other way to stop the cartilage in my knee from further deterioration.

One Functional Integration® session with a Feldenkrais® practitioner led to the discovery of 2 vertebrae in my thoracic spine that, due to chronic trauma, had calcified.

Once gentle movement was returned to this area, my knee was as good as new.

Needless to say, I was a convert.



Liz Page
Liz Page Extended
Awareness

I am attracted to the Feldenkrais Method® because it is philosophical in nature.

It doesn't give you prescribed answers or tell you what to think but provides you with a roadmap of exploration and inquiry. Many say that Moshe's genius is in translating abstract ideas into tangible experiences.

His ideas are not only applicable to how we move but also serve as a compass for any exploration when you think of them as a life philosophy. What is the easiest way to do this? How do you find support? How do you find balance? How do you find the midline which is neither to the left nor to the right?

But the real magic happens at the end of a lesson when you stand up, feeling a renewed sense of freedom and possibility, many of these questions just simply having dropped away.



Kwan Wong
Daily Improvement
Collective



My interest in exploring the Feldenkrais-Method® was triggered by dealing with a chronic pain situation. Through my mid-20s I remained engaged in competitive sports (Judo, Tennis, and Team Handball) despite having grown up with persistent back pain. At the age of 27, I ruptured a vertebral disc in my lower back that caused me to lose the function of my right foot/leg. I tried to regain function and reduce my pain by following traditional medical models of PT, chiropractic, etc. but was unsuccessful. Subsequently, I opted for a discectomy after many consultations with Neurosurgeons, followed by six months of intensive rehabilitation in the traditional medical setting. However, I was never able to regain the full function of my foot/leg again or get out of pain. After exploring several non-traditional modalities (e.g., Yoga, Tai Chi, Meditation), a friend of mine suggested the Feldenkrais Method. Although initially not hopeful that this approach could provide any relief, I took a private Functional Integration® lesson with an experienced Feldenkrais practitioner. I remember during the lesson feeling doubt that this kind of work could have any impact on my condition – it was so different from anything that I had ever tried. However, after the lesson, I got up from the table and for the first time in years, I could feel a slight improvement in my condition. I stood with a different posture, my pain was reduced, and I felt sensation in my foot/leg. Still skeptical about how these minimal movements could have such an effect, I took more private lessons and began Feldenkrais Awareness Through Movement® group work. Over the course of half a year, I continued to improve and regained the function of my foot and leg. Furthermore, I was free of back pain for the first time as far back as I could remember.



Uwe Mester
Vermont Feldenkrais

I was injured early in life. My journey has been about finding the best means for recovery and balance while seeking spiritual nourishment. I value Feldenkrais' attention to the whole person; anything less has limited results and doesn't call forth our fullest possibilities.



Mary Newell
Flexible Comfort



I am grateful for a broken heart at the end of my first love relationship. This deep sadness led to a profound insight into my lack of self-awareness and the fact that I was almost always lost in inner dialogue. From this sense of being lost and alienated from life, I gratefully and astoundingly discovered that my body was always in the present moment. This was a doorway to presence! This discovery gave me an essential clue for how to become more aware. This led to Zen, Feldenkrais®, and my life path.



Russell Delman
Russell Delman

In my first year as a physiotherapy student, I first read the Feldenkrais® book, "The Elusive Obvious."

Although I didn't fully understand everything in it, what I was being taught about movement, our relationship to gravity, and the importance of how thoughts and emotions are linked to the body and movement, made a big difference. The decision to dedicate me to this work was made then, although it took 11 years for it to become real... Keep dreaming!



Jaime Polanco
Vivir En Movimiento

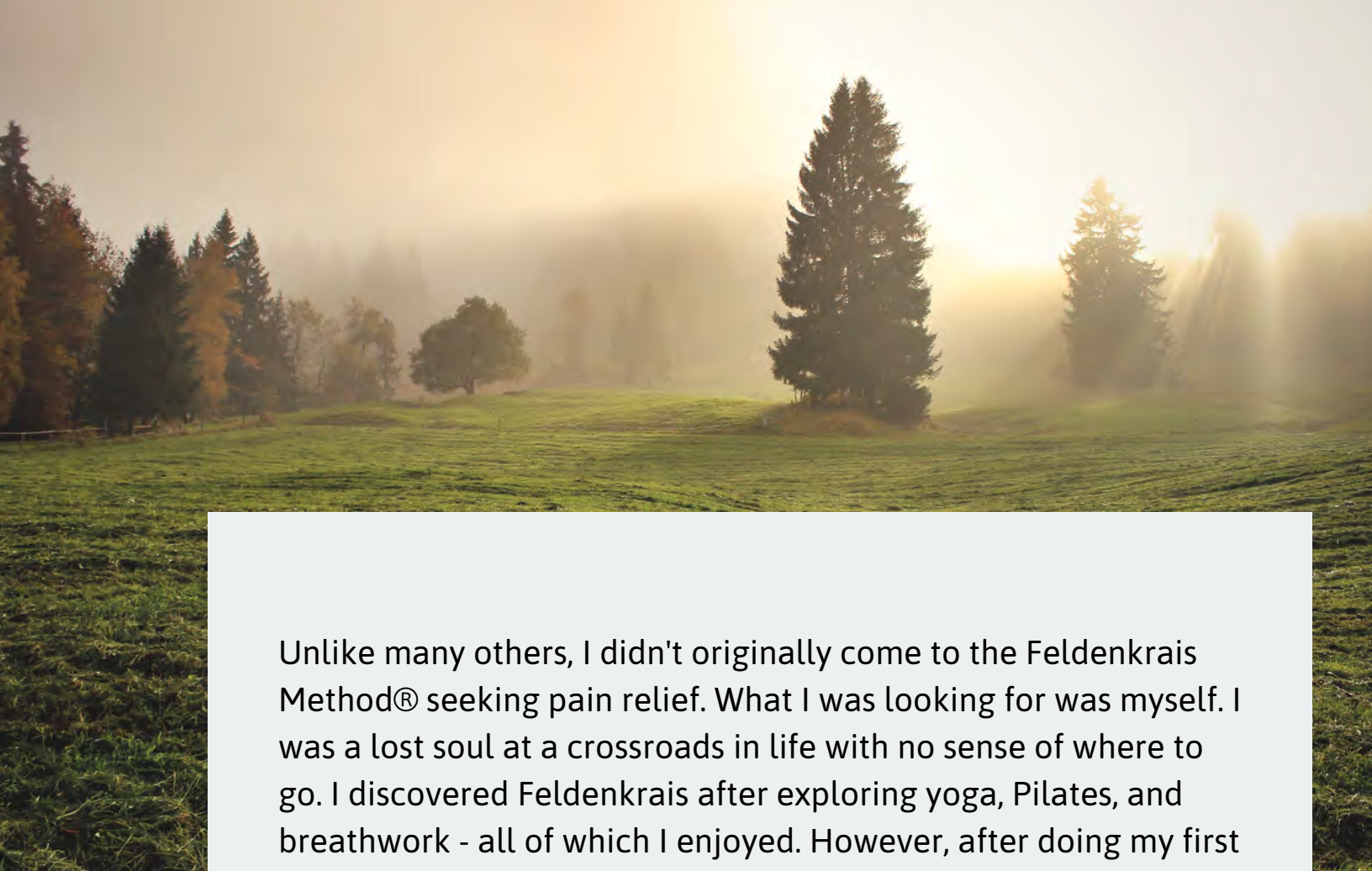


I explored the Feldenkrais Method® because~

I knew that my Physical Therapy clients needed a good sense of their body. A self-awareness to provide better therapeutic outcomes. But I was not able to deepen this inner sense until I studied The Feldenkrais Method of somatic education. Little did I know that this training would lead ME to better self-awareness. I discovered my own sense of well-being to age more gracefully and rediscovered movements I thought I had lost a while back. I have always been a somatic explorer and will continue to recommend the Feldenkrais Method to foster my client's life-long learning as well.



Stacy Barrows
Smartroller



Unlike many others, I didn't originally come to the Feldenkrais Method® seeking pain relief. What I was looking for was myself. I was a lost soul at a crossroads in life with no sense of where to go. I discovered Feldenkrais after exploring yoga, Pilates, and breathwork - all of which I enjoyed. However, after doing my first Awareness Through Movement® lesson, I felt so different that I almost couldn't believe what had happened. Yes, my body was more comfortable and light, but even deeper than that, I felt parts of myself that had been asleep for years coming back online. I felt more creative, curious, confident, and motivated. That's when I knew I had finally found my path.

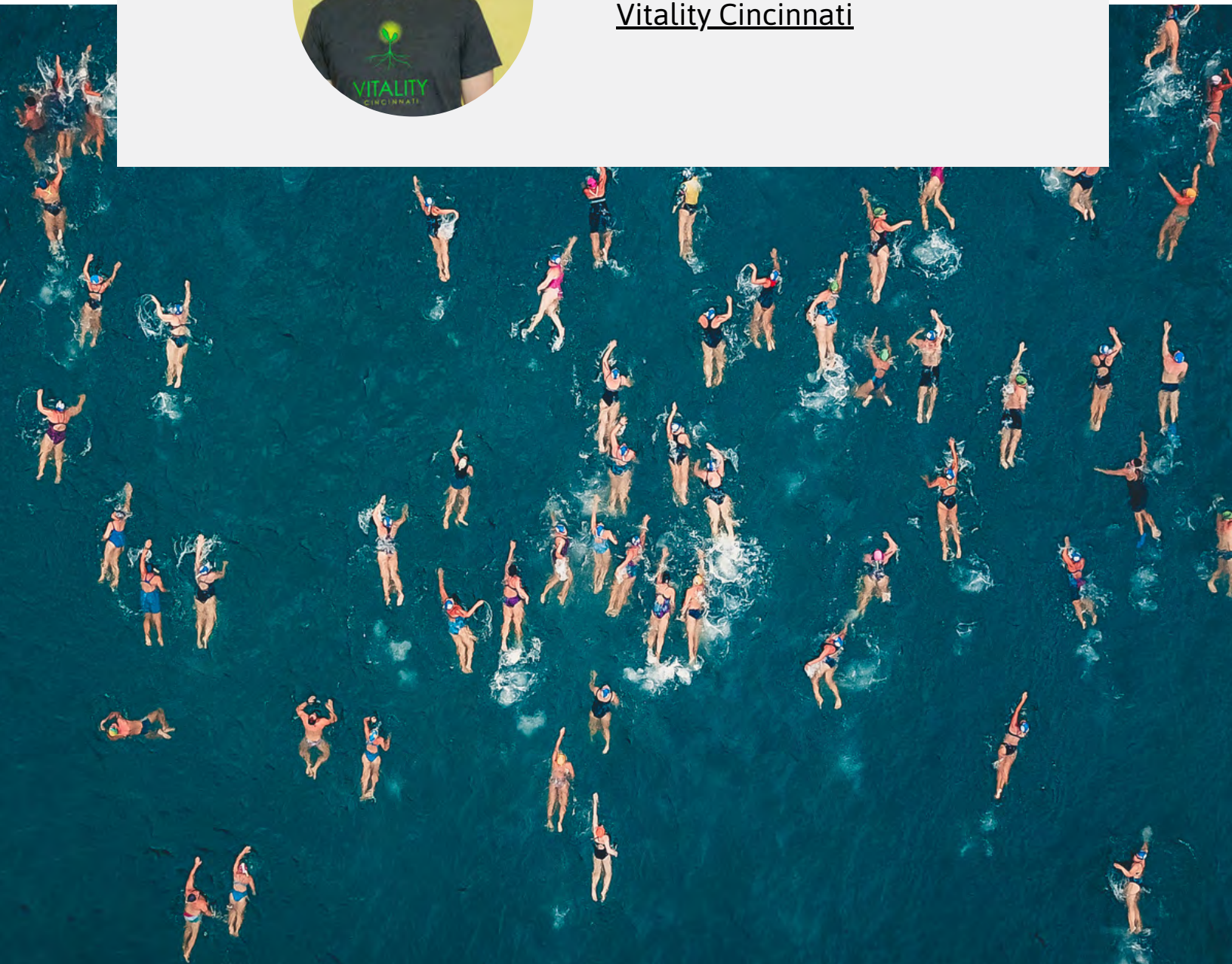


Seth Dellinger
[Move With Seth](#)

There's something special about feeling in every moment of the Life in which we're all swimming! And so strange — yes? — that once we use Feldenkrais' ideas to improve our sensitivity through gentle movement, we actually feel better and move more easily on this amazing planet...I love that.



Brian J. Shircliff
Vitality Cincinnati





The freedom to engage fully in life has always been really important to me. Since my teens, I've been exploring new ways to move and learning new fun things to do. Dance, paddling, horses, hiking, teaching fitness, Feldenkrais®, Tellington TTouch... and lots more. And the exploring continues! For example, in the past couple of years, I've been applying all that I know as I learn to SUP surf on the ocean – woohoo! Learning new stuff like this opens up so much flow and vitality and life force, eh – and that's why I love helping others to open their worlds and do what they love - with more freedom and ease. Yay!



Violet van Hees
Violet van Hees

My moment of transformation may have been the dream of a luminous butterfly unwinding my troubled spine like a child's spinning, whirly-gig toy. This happened as I slept during the night after my first Feldenkrais Awareness Through Movement® class.

It may have been about one year after I started attending weekly classes. On that night, the local teacher, Donna Lilley, asked me if I wanted to take the 4-year training. The idea hit me like a ton of bricks. My husband and I went to the car. I got in, program application in hand, and started to cry. When he asked what was wrong, all I could say was "I am coming home."

It was probably when I was two years into the training. I dreamed of rolling and falling through deep black space as Moshe Feldenkrais and Alberto Villoldo serenaded me all night long with the simple words "You know" over and over. The cocoon of those words with the ease of my body was a marker of transformation.

Maybe it was a few months later when I was driving on Winton Road with the sunroof open. With the wind blowing, and the sun shining, I heard myself say, "I am happy."

Perhaps it was in 2017 when I knew that I had to try and pull off the first Feldenkrais Awareness Summit because if not then, it may never happen. Life had become precarious for me that year, and I realized nothing could be taken for granted.



Cynthia Allen
Feldenkrais Summit Creator
[Future Life Now Online](#)

"Feldenkrais," "Feldenkrais Method," and "Awareness Through Movement" are service marks of the "Feldenkrais Guild of North America."