



Maureen A. McHugh

Feldenkrais Practitioner

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Awareness is a big piece of the pie

When you decide that it's time to do something good for your body, what do you think of?

How about – increasing your awareness of your body?

Probably that's not the first thing that pops into your head. Strength, flexibility, and aerobic conditioning are the better known pursuits for improving how you feel.

So, why awareness? Why is it important?

To begin with, here is a fact about the brain that I'll bet you don't know: in the nervous system, sensory precedes motor. For each muscle, there are two separate nerve pathways, one sensory and one motor. The sensory pathway brings information to the brain, and the motor carries the brain's decisions to the muscles. In order to make competent decisions, the brain needs sensory information, and it needs a lot of it.

This knowing is not academic. You have to know from feel where your body parts are, how they coordinate and where you are in space. As an infant and toddler, you worked on this full-time. But, then, over the years, gradually, academic learning took over, and physical learning got shunted aside. But! You can return. This is what we do in Feldenkrais.

As you take part in our training, I'll bet that you find that this is true for you: richer receiving is the springboard for better doing.



Effective action is a like a pie with many slices. A big piece of that pie is awareness of self.