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We emphasize coordination

The strength of the Feldenkrais Method is our emphasis on coordination. Many other systems focus on muscular development. This is an important pursuit. But, like ham and cheese, muscular development needs its complement — good biomechanics. Think about it: if you have a bad pattern and you strengthen it, where are you? Not where you want to be!

An example of the complementary contributions of strength and coordination is raising the knee. The young woman yoga student in the illustration at right needs a certain amount of strength to hold her left leg in the air. But, also, she needs coordination. And, truth be told, coordination is first. Before raising her left leg, she has to shift her weight to the right.

In Feldenkrais we explore in rich detail, among other movements, the process by which one shifts weight. Please call to mind the old song: “The knee bone is connected to the thigh bone; the thigh bone is connected to the back bone.” This process is what interests us.

What we are looking for is a pathway of action that makes raising the knee “light.” As an example, right now, please, take one hand and touch the top of your head. Other hand. Touch one shoulder. Other shoulder. Are these movements easy to do? For most people, the answer is yes. We are cultivating the ability to feel that same easy quality as you take larger and more challenging movements.



The lightness can be felt in a stationary pose when the parts of the body are well aligned and in a dynamic action, when also well sequenced.

Our work proceeds by cultivating awareness. This means going slowly and developing sensitivity: to how actions take place, to what combinations of sequences one habitually uses and to what other combinations may be available and preferable.

Raising the knee as above is a specialty move. But walking is an every day move. Comfortable walking depends – you may not have thought of it but it is true – on being able to raise the knee. If something has gone wrong with your walking, or if you want to improve your walking, running or any other activity, you may like to join us in exploring: how to make the knee light.