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Making time to be in your body

Children have it. Animals have it. Many adults would like to have it back. It is – being in the body.

What happens? A child is born, full of sensation. Like this he and she live and learn so much. And then, by adulthood, and often well before, he and she feel something different. A disconnect from the body. Maybe even the statement, full of rue, quietly to self:

“I am living this lifetime in my head.”

It is not too late. At any age, and in any condition, growth is still possible. This is the message of the Feldenkrais Method. Up until the last breath. You can regain your connection to the body. Gradually. Intentionally. Systematically. Joyfully.

In the Feldenkrais Method we have two forms of engagement: group classes and individual sessions. The first relies on spoken instruction, and the second can also include touch. Both modes follow the same themes.

The basic pattern is to take a movement, any movement, and explore how it can be improved. For instance, turning. You can sit and turn to look behind you, noting how far you can see. Then the teacher will describe a variation in turning and ask you to do that. Then, another variation. And a third. Then repeat the original turn. Very often the original turn has become much bigger and



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easier. Why? Because the inner, generally unnoticed aspects of turning have been clarified. Clarified, meaning, through movement, brought more into your awareness, conscious and subconscious.

The benefits are many. First of all, more comfort. Most people who explore the Feldenkrais Method are in pain and looking for relief. Nothing can be promised; you have to try it for yourself. But when it appeals to you, very often, the pain will diminish and, with good fortune, go away. A second benefit is more physical vitality. More energy, more joie de vivre. And besides those, better balance and better posture. A third benefit is generally more skillful use of yourself. If you play tennis, your tennis game will improve. If you ski, your skiing will improve. If you are a friend, your friendliness will improve.

This is because being at ease in all you do begins with -- being at home. In your body.