

# Feldenkrais® Method

## What is the Feldenkrais Method?

The Feldenkrais Method is the invention of Moshe Feldenkrais (1904-1984) who was a well respected scientist and physicist. Feldenkrais had developed his method out of his own need for rehabilitation after suffering a series of sports-related knee injuries over the years; which left him with debilitating pain in both of his knees. With the prospect of spending the rest of his life using either crutches or a wheelchair, he decided to search for a way to restore the function in his knees. This led him to study neurology, anatomy, biomechanics and child development. After a couple of years of research and experimentation, Moshe had succeeded in completely restoring his ability to walk. It was through this process that he learned that he could improve his body by activating the natural power of his brain and nervous system.

Over the years he had developed hundreds of unique exercises which tapped into the brain's influence on movement and learning. These movements were not designed to build strength but rather to retrain one's self-use or organization. Paradoxically enough, this helps improve one's overall strength as it creates better symmetry and more balanced tonus in the muscles.

These exercises or lessons are taught in either a group setting or individually. The group lessons are known as Awareness Through Movement® (ATM) lessons and the individual lessons are called Functional Integration® (FI).

In a typical ATM class one would find a group of adults of all ages lying on mats on the floor performing movements reminiscent of one's childhood such as creeping, crawling and rolling. The movement patterns are used as a tool to create awareness in the student as to HOW they use themselves. The teacher verbally guides the student to do small movements slowly and with attention.

One characteristic of inefficient use is the tendency to use more effort than is necessary to do a particular movement. Superfluous effort is like noise to the brain making it difficult for the brain to discern the most efficient movement pattern. This is why slow gentle movements are emphasized while doing a lesson. Doing the exercises with less effort allows the muscles to relax and lengthen without the need to stretch. Unlike most fitness programs which tend to focus on body parts and tend to be goal oriented, Feldenkrais is about using the whole self in any movement and the process of learning good use is far more important than actually performing the action. Feldenkrais is essentially about learning how to learn and can be applied to all aspects of one's life.

The other side of the Feldenkrais Method is Functional Integration, the individual lessons. The student lies on a low table with a firm surface. In this situation the teacher is giving direction through touch. The movement patterns are similar to the ones taught in the group lessons but they are tailored to the individual's specific needs. By the end of the lesson the student typically feels more relaxed, lighter and maybe a little taller.

The effects of doing Feldenkrais are wide ranging which include a reduction in pain, greater freedom in walking, sitting or standing, a sense of comfort and ease, and feeling less anxiety or tension. Feldenkrais is appropriate for all ages and fitness abilities. All you need to bring to class is your curiosity, a playful spirit and an openness to learn.

*For more information please contact*  
*Carol Meade, Certified Feldenkrais Teacher*  
**203.294.9791** or [info@massage2movement.com](mailto:info@massage2movement.com)

*Group Awareness Through Movement Classes*  
*Tuesdays 6:30p -7:30p*  
*Fridays 10a – 11a*  
*Fee: \$13 drop-in or class card*

## Services

### Therapeutic Massage

Many men and women are finding that therapeutic massage is an effective compliment to other health care services and seek out therapeutic massage as a means to promote health and enhance their body's own restorative powers.

I provide various styles of massage depending on your particular needs. Below is a description of forms of massage that I offer at my office.

#### *Relaxation (Swedish) Massage*

In this style of massage a lighter touch is often used to promote a sense of ease and calm. The strokes are used to soothe muscles and improve circulation. The therapist uses a combination of long strokes, kneading and friction as well as some gentle movement or rocking.

#### *Deep Tissue Massage*

In this style of massage deeper pressure is given to bound up muscle tissue. This type of massage is good for athletes or someone with chronic muscle pain. Specific, slow, deep pressure is given with elbows or fist to contracted muscles. This massage focuses on the deeper layers of muscle tissue.

#### *Restorative Massage*

This is my favorite massage to give. In this style I incorporate the best of relaxation with a modified deep tissue massage as well as movement. Pressure of the strokes depends on the individual client ranging from light to deep strokes. Focus is on restoring balance to areas of the body that are particularly painful or where movement is restricted.

### Feldenkrais Method®

This is a form of somatic education that teaches a person how to use oneself more effectively in everyday activities. This method provides one with the tools to free us from habitual patterns and find new ways of thinking, moving and feeling

**Carol Meade** is a CT Licensed Massage Therapist and Guild Certified Feldenkrais Teacher. She has been in private practice for 18 years.

### Scheduling Appointments

Massage and Feldenkrais appointments are available Monday – Saturday by appointment only. Day and Evening appointments are available. You can arrange an appointment by calling Carol at 203.294.9791.

### Rates:

90 minute massage..... \$95  
60 minute massage..... \$70  
Feldenkrais Session..... \$70  
30 minute massage..... \$35

**\$15 OFF  
WHEN YOU PURCHASE A PACKAGE  
OF 3 SESSIONS.**

My office is located at

15 South Elm Street  
Wallingford, CT 06492  
2<sup>nd</sup> level

For more information you can check out my website at  
[Massage2Movement.com](http://Massage2Movement.com)

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