

The Feldenkrais method of movement education



Location

South East, Berkshire

<https://www.freeadsz.co.uk/x-248505-z>


The Feldenkrais method movement has been proven to provide wellbeing for those with muscular and joint (skeleton) aches and is very popular on the European continent as well as in Israel and the US. In the UK Feldenkrais is popular by people who are involved in movement related to grace and efficiency, such as actors and dancers as well as people with long term injuries. The classes are extremely useful if you are recovering from an injury and have lost strength, mobility or integrity. They can help you take an existing skill in dance, sports and arts to a new level. The Feldenkrais method ® is an invaluable way to learn how to self-regulate and avoid injury, strain loss of dexterity and reduced mobility. All movements are done in a gentle and safe for you way. The transformative effects on your health and wellbeing are due to the attention given to the quality of your ability to organize for movement. You will be guided through a large number of movement variations and sequences (there are well over a thousand lessons) that are based on developmental movement patterns and also explore everyday functional movements such as reaching, sitting, walking, running getting up and down. We can address any movement functionality you are interested in. Feldenkrais classes are an excellent complement to your other exercise classes, sports or arts and are ideal if you are coming back from injury, seeking to improve performance or simply want to feel more at home in your.

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