



What is Feldenkrais?

The Feldenkrais Method is an innovative way of learning to move with greater ease and effectiveness at any stage of life. Feldenkrais lessons reduce stressful habitual patterns of body use and bring about immediate and ongoing changes in posture, balance and co-ordination.

How does it work?

Feldenkrais techniques train your brain to find optimal and more supportive ways of organizing your body through the use of a wide variety of movements explored with directed, mindful attention.

Each exploration introduces new information and awareness that enables you to improve neuro-muscular co-ordination and reduce stressful patterns of body use. The emphasis on self-education helps people to develop practical awareness skills and self-care resources that are easily integrated into daily life.

What are the benefits?

Feldenkrais is an extremely gentle and effective way to relieve and prevent pain brought on by chronic habitual patterns of posture or movement, or to restore fuller functioning post-injury/illness. The method can help people of all ages and physical conditions to:

- Prevent back pain and repetitive strain
- Relieve chronic pain and tension
- Maintain healthy functioning of joints, balanced muscle tone
- Improve flexibility, balance and co-ordination
- Improve posture and ease of movement
- Reduce stress and tension
- Improve body awareness and confidence

What is it used for?

Feldenkrais is used in a wide range of applications, including:

- Helping with back pain and neurological conditions
- Improving performance in sports and the arts
- Assisting recovery & rehabilitation from injury / post-surgery (e.g hip replacement)
- Improving ease of posture and movement
- Wider self-development and well-being

How is it taught?

Feldenkrais is taught in two ways:

Group Classes (*Awareness through Movement* lessons)

Classes guide you through gentle movement sequences (lying or sitting on a mat) that explore a wide variety of functional, everyday movement themes (e.g. bending, reaching). Each lesson develops new awareness of your body and how you can use it with greater ease and skill in daily activities.

The emphasis is on learning at your own individual pace, guided by your sense of ease and comfort. After each class, immediate improvements can be felt in ease of movement, posture and breathing. With continued practice, these new 'habits' build easily to become part of your natural way of moving.

Individual sessions (*Functional Integration* lessons)

Individual lessons are designed to address your particular needs, and use gentle hands-on techniques to help you recognize and let go of stressful habits of muscular activity that cause strain or unnecessary limitation.

Simple self-care exercises may be given to continue at home, in order to help maintain the learning from each lesson. Lessons are suitable for all ages and physical conditions.

Feldenkrais in Dublin and Kerry with Abbe Harris

Individual lessons

Dublin: 11 Herbert Place, Dublin 2

Kerry: Horan's Therapy Centre, Beech Road, Killarney
Ré Nua Healing Rooms, John Street, Dingle

Classes

Thursdays at 11 Herbert Place, Dublin 2 (1-1.50pm and 6.45-7.45pm).

Workshops

Monthly in Dublin and Kerry (please call Abbe or check website for next dates).

CONTACT

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