



Guidelines

Awareness through Movement lessons

For the lessons you will need a **mat or thick blanket** to lie on, and another **couple of folded blankets** or towels to support your head (1 to support your head when lying on back, and an extra one when lying on the side).

Give yourself **enough space** to have your arms out to the sides and overhead without touching anything.

Best to wear **warm, non-restrictive clothing** (loose/stretchy trousers, fleece or jumper etc. skirts, tight jeans not suitable), and a pair of socks. **Remove belts** before you begin.

If you wear glasses, please leave them off during the lesson, so your eye muscles can relax.

Listen to each movement description and **begin to explore gently and slowly, in a small range**, so you have time to sense yourself more fully. Only do what is comfortable, and stay well within your true range of ease - where there is no sensation of stretching, straining or holding breath.

The movements described are explorations not 'exercises', and are of little benefit when carried out without attention to **how** you move. The aim is to notice how you can begin each movement **without holding breath**, and **without straining**, in order to find **easier, softer** ways of moving.

No movement or position should ever feel uncomfortable or painful— if you cannot find a way to begin without discomfort or holding breath, **please stop** immediately.

You can **imagine the movements** instead (very beneficial if you have restricted movement), or simply continue with the next step. **Take longer rests** whenever you feel you need to.

Health Disclaimer

Content presented in the audio lessons is for educational purposes only, and is not a substitute for professional medical advice, diagnosis, treatment, or for Feldenkrais lessons taken under the direct supervision of a qualified practitioner. Responsibility for performing the movements in the lessons is necessarily the user's, and use of any information provided is solely at your own risk.

Feldenkrais Dublin and Abbe Harris cannot be held responsible for any injuries or discomfort that may occur while doing these lessons.

Always consult a healthcare professional before doing these lessons if you have any pain or injuries, or doubts about whether these lessons are appropriate for you.