

Feldenkrais Method® – Improve How You Move

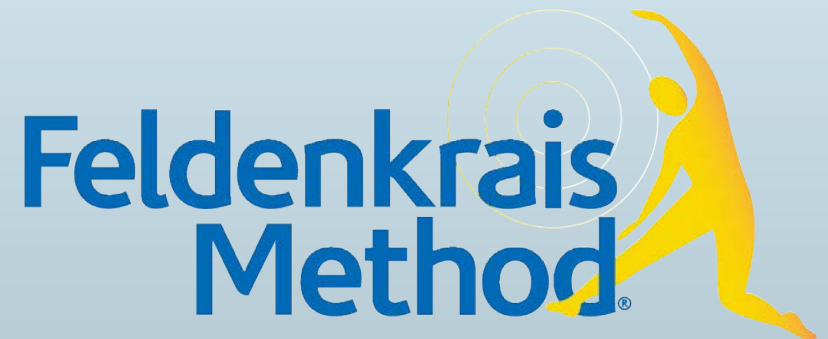
Presenter: **Terri Rossi**

Guild Certified Feldenkrais Practitioner^{CM}

Board Certified Therapeutic Massage & Bodywork

Licensed Massage Therapist

Certified Intraoral Therapist



The following are service marks or certification marks of the Feldenkrais Guild of North America:
Feldenkrais®, Feldenkrais Method® and Guild Certified Feldenkrais Practitioner^{CM}.

Today you are

YOU,

that is truer
than **true.**

there is no one alive

who is **Yover**
than **You.**

-Dr. Seuss

Trauma Affects Your WHOLE Body

- Pain
- Restriction
- Fatigue
- Withdrawal



Therapeutic Help

More Rigorous



Physical therapy, Pilates[®], exercise

Massage therapy, Structural Integration[®], Rolfing[®]

Yoga, Tai Chi, meditation

Feldenkrais Method[®]

More Gentle

A *Feldenkrais*® Lesson...

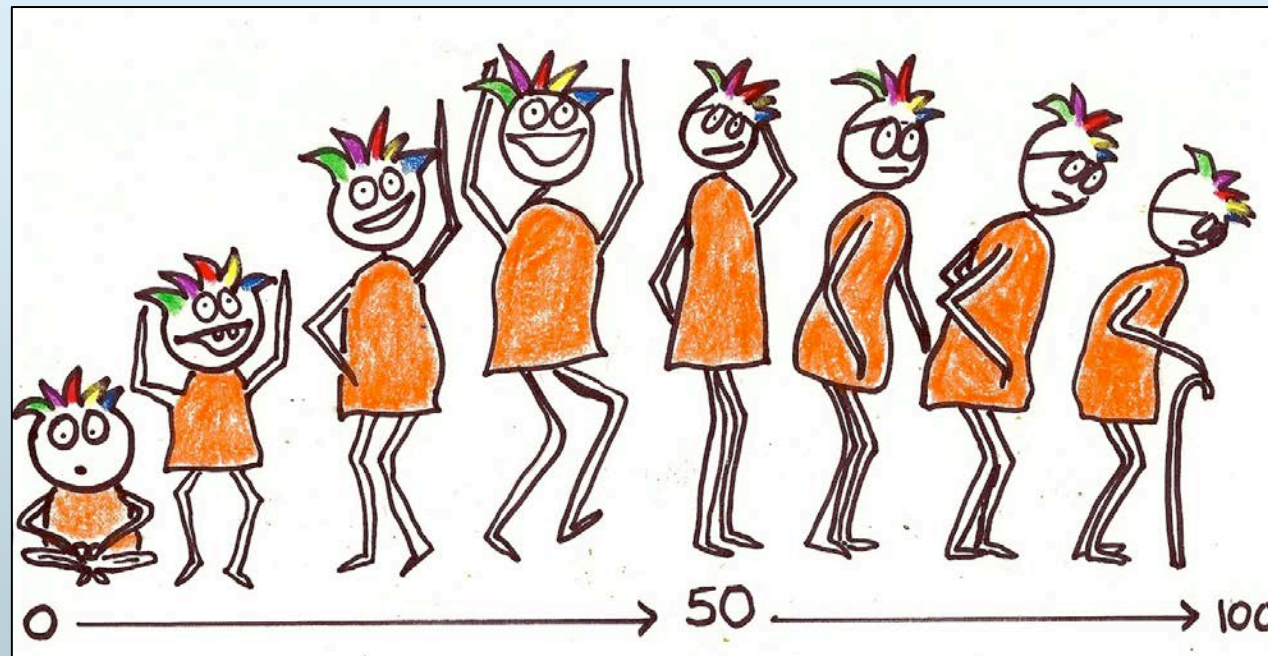
Explores variations of common actions like –

- *walking*
- *reaching*
- *twisting*
- *getting into/out of a chair*

to help brain ***discover and then replace*** faulty movement patterns.

Who Can Benefit?

Any one... Any where... Any age... Any ability



Why Use *Feldenkrais*?

- Gentle
- Easy
- Fast results –
 - *improve physical abilities*
 - *improve mental abilities*
 - *restore dignity and self-reliance*

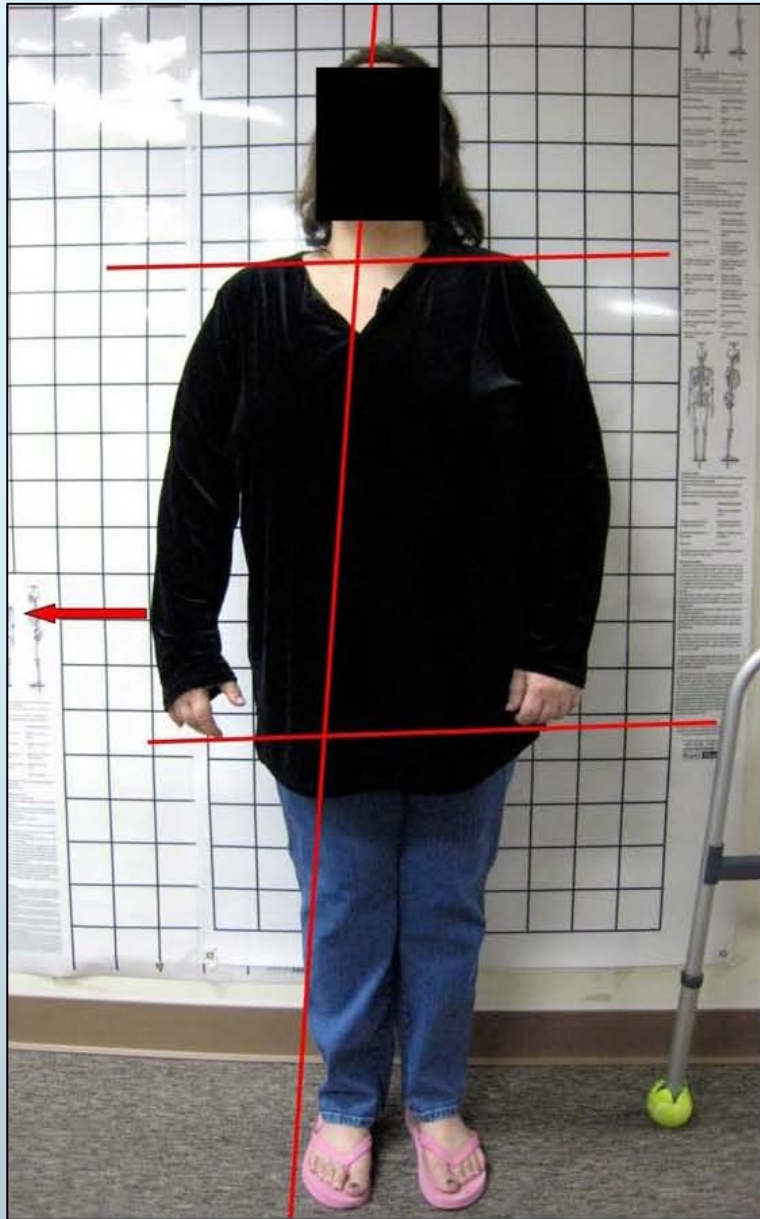
1 Feldenkrais session





1 Feldenkrais session





6 *Feldenkrais*
sessions

A *Feldenkrais*® Lesson...

Changes lifelong unconscious habits of –

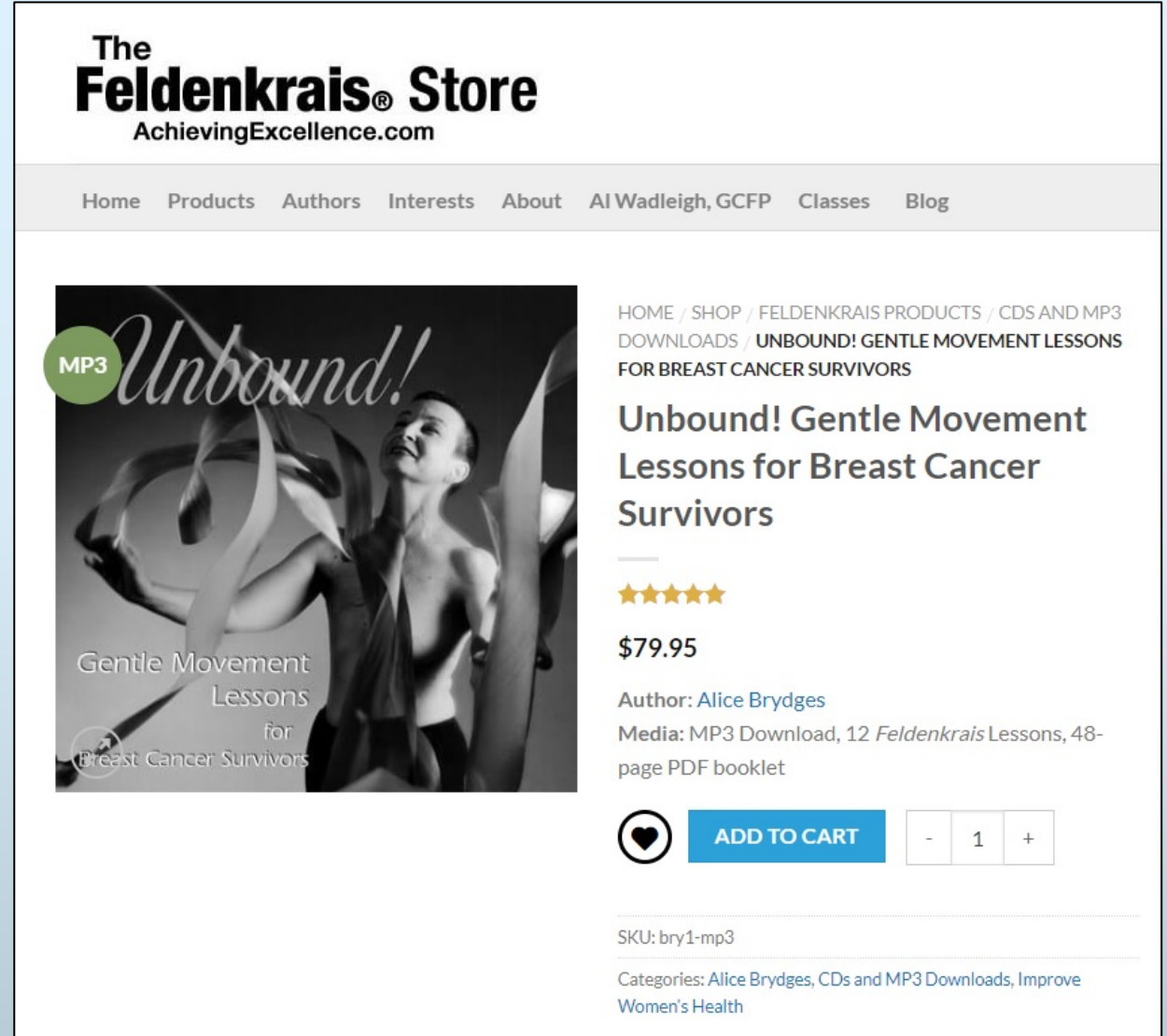
- *learned skills*
- *repetitive actions*
- *injuries and surgeries*

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Feldenkrais® practitioner

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Author: [Alice Brydges](#)

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You are
Stronger
than you seem,
Braver
than you believe, and
Smarter
than you think you are

-Dr. Seuss, Winnie the Pooh