

TRALEE

Meeting to be held at the Manor West Hotel, Tralee

on Friday 19th February 2010 at 7.00 pm.

Feldenkrais practitioner Mary O'Brien will give a talk and demonstration on the benefits of the Feldenkrais method, which is designed to:-

- Relieve physical discomfort and pain.
- Improve posture, co-ordination, flexibility and strength.
- Develop comfort in everyday activities: walking, sitting, bending, lifting.
- Reduce stress and tension.
- Develop self-care resources to help prevent injuries, burn out.

This will also be an opportunity for ME sufferers and their supporters to share experiences.

All are welcome. Further enquiries from Irish ME Trust - Lo-Call 1890 200 912

FELDENKRAIS

ABOUT THE METHOD

The Feldenkrais Method is a form of somatic education. It uses movement and self-awareness to improve our ability to move with freedom and ease in everyday life.

Each person has the ability to organically learn and develop throughout life. Just like a child learns to ride a bike, we can automatically learn our optimum poise, coordination and movement. The Feldenkrais Method facilitates this learning. Gentle movement exercises are used to help us learn to use our bodies in a more flexible and efficient way. Through experiencing these movements we become more aware of our body, its habits and limitations, and we discover new possibilities for moving with greater ease.

The Feldenkrais Method does not use force or encourage stretching beyond ones existing capabilities. Rather it educates the body and nervous system, enabling them to self-correct inefficient and limiting patterns of movement. The Method can permanently improve posture, breathing, balance and co-ordination.

The Method is taught in two forms:

Classes: Awareness Through Movement (ATM)

ATM classes are usually done in groups. Each class consists of verbally guided movement sequences built around a specific theme. Most lessons take place lying on the floor. Moving at your own pace and range, in a relaxing environment, you explore how you use your whole body and learn to use it in a more integrated way. This helps you discover new possibilities of movement, leading to regained effortlessness and ease and reduced tension and pain.

INDIVIDUALLY: FUNCTIONAL INTEGRATION (FI)

In these hands-on sessions the practitioner can more specifically meet the individual needs of each person. You are fully clothed and lying or sitting on a low table throughout. The practitioner uses gentle touch and clear movements that clarify habitual patterns and identify sources of stress and tension. This helps you discover new and improved modes of movement, action and thought. Even deeply engrained behavioural patterns can be transformed into new possibilities.