CENTRAL NERVOUS SYSTEM

Based on the Central nervous system as a neuroplastic system which as a normal part of development forms habits

The work develops the skill of noticing our habits which can release us from the automaticity of these.

LETTING GO

Learning to let go on unnecessary muscle activity and overefforting which allows more ease of movement and sense of ease

PHILOSPOHICAL

It can be a philosophical approach to being the world, to life and to learning which is optimistic due to the neuroplasticity

HABITUALIZED POSTURE

It can address anxiety and fear which has been habitualised in postures and movement patterns both in the muscle bellies, the fascia and the CNS.

Helps us to learn to let go of movement patterns and reduce the amount they are triggered

WE DO OUR BEST

Philosophy: we do our best with what we have at the time and our habits mostly serve us at the moment they are created

We can only start where we are now and gently move from this place

Feldenkrais Method

ANCHORING

Feldenkrais anchors the Attention in the moment by moment experience of movement and sensation

Somatic work

Develops our awareness of ourselves and others through the process of movement

Awareness of:

How we move
How we learn something new
What are habits of moving
How to give ourselves choices and develop choices

Mindful movement

MUSCULAR ACITIVTY
It is based in the understanding the expression of self is through muscular activity.
It uses movement as a way in to our:
-thinking
-acting
-sensing
-feeling

IT AIN'T WHAT YOU DO IT'S THE WAY THAT YOU DO IT

www.feldenkrais.co.uk

Wendy sadler

NON JUDGEMENTAL

It develops a non-judgemental and often playful attitude to the self

Fundamentally is quietly powerful and its usage needs considering

Can be very helpful alongside another more talk based therapy to aid careful shifting and releasing