

## Testimonials

"Feldenkrais has made me more aware of my body's potential. I am elated to discover what I didn't think was possible and delighted with the ease of the movements. Afterward I always feel taller and more relaxed. Betsy is a great teacher with a soothing, encouraging voice that makes finding the movements easy!"  
Karen, Santa Barbara, CA

"The gentle, fluid movements taught by Betsy using the Feldenkrais Method has changed my life. I shall forever be grateful to Betsy for teaching me that the body can awaken and learn new ways of movement and in doing so become pain free almost all of the time."  
Marcia, Santa Barbara, CA

"I have been intrigued by this subtle form of retraining the nervous system, which I recommend to patients whose movement has been restricted by injury, cerebral palsy, stroke, fibromyalgia, or chronic pain. I find it to be much more useful than standard physical therapy. I also believe that the Feldenkrais Method® can help older people achieve a greater range of motion and flexibility, and help all of us feel more comfortable in our bodies."  
Andrew Weil, M.D. Author of Spontaneous Healing and Natural Health, Natural Medicine.