

Functional Integration Lessons

Functional Integration is another form of expressing the Feldenkrais Method. Just as Feldenkrais practitioners can guide people through movement sequences verbally in Awareness Through Movement, they also guide people through movement with gentle, non-invasive touching in Functional Integration.

Functional Integration is a hands-on form of tactile, kinesthetic communication. The Feldenkrais practitioner communicates to the student how he/she organizes his/her body and hints, through gentle touching and movement, how to move in more expanded functional motor patterns.

The Functional Integration lesson should relate to a desire, intention, or need of the student. The learning process is carried out without the use of any invasive or forceful procedure. Through rapport and respect for the student's abilities, qualities, and integrity, the practitioner/teacher creates an environment in which the student can learn comfortably.

In Functional Integration, the practitioner/teacher develops a lesson for the student, custom-tailored to the unique configuration of that particular person, at that particular moment. The practitioner conveys the experience of comfort, pleasure, and ease of movement while the student learns how to reorganize his/her body and behavior in new and more effective manners.

In Functional Integration, the practitioner/teacher's intention is instructive and communicative.

Functional Integration is usually performed with the student lying on a table designed specifically for the work. It can also be done with the student in sitting or standing positions. At times, various props are used in an effort to support the person's body con-figuration or to facilitate certain movements.