

Awareness Through Movement Classes

The Feldenkrais Method is expressed in two parallel forms: Awareness Through Movement® and Functional Integration®.

Awareness Through Movement consists of verbally directed movement sequences presented primarily to groups. There are several hundred hours of Awareness Through Movement lessons. A lesson generally lasts from thirty to sixty minutes. Each lesson is usually organized around a particular function.

In Awareness Through Movement lessons, people engage in precisely structured movement explorations that involve thinking, sensing, moving, and imagining. Many are based on developmental movements and ordinary functional activities. Some are based on more abstract explorations of joint, muscle, and postural relationships. The lessons consist of comfortable, easy movements that gradually evolve into movements of greater range and complexity. There are hundreds of Awareness Through Movement lessons contained in the Feldenkrais Method that vary, for all levels of movement ability, from simple in structure and physical demand to more difficult lessons.

Awareness Through Movement lessons attempt to make one aware of his/her habitual neuromuscular patterns and rigidities and to expand options for new ways of moving while increasing sensitivity and improving efficiency.

A major goal of Awareness Through Movement is to learn how one's most basic functions are organized. By experiencing the details of how one performs any action, the student has the opportunity to learn how to:

- attend to his/her whole self
- eliminate unnecessary energy expenditure
- mobilize his/her intentions into actions
- learn