

DESCRIPTION

Stiffness is never a fixed state. These workshop recordings are an opportunity for anyone, with or without stiffness, to answer the question: "How can I move more freely?"

Feldenkrais Method lessons explore movement efficiency in a fascinating way. They can profoundly help people who suffer from shoulder and neck stiffness, back pain, arthritic joints, and chronic fatigue. After a lesson, people often feel taller and lighter. They breathe more freely and find that discomforts have eased or disappeared and these effects are long lasting as new, efficient patterns of movement are learned.

Moshe Feldenkrais, 20th century physicist and movement education pioneer, wrote: "The aim is a body that is organized to move with minimum effort and maximum efficiency, not through muscular strength, but increased consciousness of how it works."

CONTENTS

1 Data CD containing MP3 Audio files

5 Feldenkrais Awareness through Movement® lessons.

Short talks and activities.



A highly respected teacher and presenter, Maggie works with individuals and groups, orchestras, dance companies, junior Olympic level athletes and as an Assistant Trainer in Feldenkrais professional training programs.