



Elizabeth Beringer

Embodied Learning: Focus on the neck and shoulders.

The neck, shoulders and upper back are a site of discomfort and difficulty for many people. This 8 session program utilizes an experiential, kinesthetic learning process and is designed to facilitate healthier ways of being and moving. Over time the process results in increasing comfort, improved posture and a more pleasurable movement experience. Comfort in the neck & shoulder area will necessarily involve your whole body/self in the learning process. Elizabeth Beringer has over 30 years of experience teaching the Feldenkrais Method. The program includes sessions in a variety of positions and perspectives to create a rich and potent approach to many of the common difficulties experienced in the neck and shoulder area.

This set takes the neck and shoulder as a point of departure to introduce the student to the larger themes of the Method and how they can use them in their daily life. In addition the lessons are designed as a program with each lesson building on the next. In my FI practice I use targeted ATM between sessions as an essential part of my practice. These series lend themselves to this kind of support in a private practice. The lessons are recorded to be done at home, they are half an hour long and reinforce the basic ideas of the Method throughout. I both loan the CD's to my clients, or send them to the site to download individual lessons, which is now an option. Many practitioners have shared with me that they also use my "embodied learning" series as a structure for a series of FI lessons as well.

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