



What is the Feldenkrais Method?

Feldenkrais Educational Foundation of North America (FEFNA)

2007

In this ten minute video, students who have participated in Feldenkrais group classes -- known as Awareness Through Movement -- at a popular New York fitness club share, in their own words, how the Feldenkrais Method of Somatic Education has enriched their lives. Each student in their own way reveals what the method has to offer individuals at any age and any fitness level.