



Emma Alter Feldenkrais Sessions: 2 Freeing up your Shoulders

How to take part in this class:

You will need:

- A chair.
- To wear comfortable clothes that you can move easily in
- Layers of clothing so that you are warm enough
- A camera connected to your computer, pointed at where you are sitting so I can see as much as possible of you when you're sitting down on the chair. (Ideally head to toe, but at least head to chair seat!) This will enable me to give feedback through the session, and to make it a better class for you.

Feldenkrais is not exercise, rather a way of improving co-ordination, mobility, and skill.

When you move in the lesson please:

- Move gently, don't force the movement
- Move slowly, so you can sense what you're moving, and listen to yourself at the same time.
- Move within your comfort range – don't strain or push – effort doesn't equal better learning.
- Take your time.
- Pause and rest when you need to – don't wait, rather listen to yourself.

Any questions after the session, to join the weekly classes, or my monthly mailing list please do email me at emalter@fastmail.fm

You can find out more about what I offer at www.themovingbrain.com

"I'm not after flexible bodies, but flexible minds." Moshe Feldenkrais.