



Emma Alter Feldenkrais Sessions: 1 Finding Inner composure

How to take part in this class:

You will need:

- A mat/blanket to lie on. If you can't get onto the floor, you can also lie on your bed.
- A rolled up towel/blocks for your head to increase your comfort
- To wear comfortable clothes that you can move easily in
- A blanket or layers of clothing so that you are warm enough
- A camera connected to your computer, pointed at where you are lying so I can see you when you're lying down. 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

“Make the impossible possible, the possible easy, and the easy elegant.” Moshe Feldenkrais.