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## Present in the moment



Thursday afternoon before class several of the students and I were early and were sitting together and talking, having a nice time. The minutes were ticking by; more students were entering and setting up their mats.

At a certain moment I glanced to the right to greet an arriving student. At the same time, out of the corner of my left eye, I observed student Judy, already sitting on her mat on the floor and in front of me, making a sharp move to turn her "head only" to look right, and then return to looking ahead. The clock was high up on the wall behind her and to her right. She was checking how close we were to the start time. I registered that interpretation of her behavior and considered the action "done".

In the next moment, though, something else happened. I shifted my attention to watch only her. In a supple, flowing movement Judy extended her left arm forward and left, so she could lean on

it, shifted her hips left, rotated her shoulders and chest right, looked again at the clock and then looked back to the front where I was looking at her. We looked at each other. In silence we both knew what had happened. But then Judy brought her experience into words.

"Maureen, I wanted to see what time it was. First I just turned my head. It happened very quickly, but something inside registered how much strain I felt. Then immediately, it came to me to do the fuller movement, as we do during class. I was using the whole body to support the action of turning to look. It felt so much better."

It was a nice moment, one that I am glad to share with you.

In Feldenkrais we are moving. We like to move. It's good to move. On a grander scale, though, what we are doing is cultivating awareness. Presence to self -- this is the great power.