



Maureen A. McHugh

Feldenkrais Practitioner

SUMMER 2009

JUNE - AUGUST

## *Awareness through Movement*



In the drawing to the left there are four major elements. Three are visible, and one is invisible. Which is which?

The visible elements are

- 1) the coachman (and his assistant)
- 2) the horses and
- 3) the coach.

The invisible element is 4) the person inside, perhaps a passenger, but, let's say, the owner.

Following an ancient Eastern metaphor, this ensemble is a representation of each one of us. The coach represents the body; the horses, motivation; and the coachman, practical knowledge. The being inside is Awareness.

The visible elements are there for the purposes of the invisible. Or, you could say, the external serves the internal.

I am sharing this metaphor with you because Awareness is what we cultivate in the Feldenkrais Method. Reflecting this intention, Feldenkrais named his group classes, "Awareness through Movement."

The Feldenkrais Method is often hard to explain. And, come to think of it, that's sensible when you're describing the growth of something that is, in the ordinary scheme of things, invisible.

But you know from your own experience that awareness is important. If, for example, you take a tennis lesson, and the coach says, "Standing sideways to the net with your left foot forward." Obediently, you stand sideways and place your left foot forward. Next, to your surprise, the coach hollers, "No! Your other left!" Whoops! You have mistakenly put your right foot forward. But now you understand what is wanted and fix it quickly.

Cultivating the ability to know where your body parts are, to know how you now use them, and how you might more optimally use them – this is what we do in Feldenkrais. I invite you to join us. It's an interesting and rewarding ride, always with a new horizon.