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WINTER 2010

JANUARY - MARCH

## *Magic for the New Year*



Feldenkrais is a name that is new to many people and, maybe, to you. But its message is not new. It is everlasting.

The message is: there is a lot of benefit in taking the time to slow down and notice what is going on with you.

Everything around us is speeding up. It can be fun, and it can be crazy-making.

Besides fast, fast, fast, the body and psyche need 'slow'. And they need 'focus'.

During Feldenkrais Method<sup>®</sup> sessions – individual and group -- I guide you, through movement sequences, on an inner journey that slows you down and brings you into a focused state. You are searching for the sensation of yourself. The sequences work by bringing the functioning of the body up from the subconscious level, where it habitually resides, to the conscious level. With a fine awareness, you ask yourself questions about how you do things. You may be surprised by the answers.

For example: when you reach for something, do you tense your neck? Try it. Put a hand on the back of your neck and reach *over there*. Most often, the answer is yes, you tense your neck. It happens unconsciously, over and over. Is this good for you? Of course, not! Is there a way to reach without tensing your neck? Yes, and I can show it to you. You need to use your legs and back in a more active way. It's very interesting.

You may be surprised, as I continue to be, how much there is to notice about reaching, and so many other movements.

But sometimes you will start an exploration and feel that it is mundane or, worse, pointless. "Where is this going?" an inner voice demands. In the next moment, however, something calms you, and you persevere. Then, suddenly, seemingly from nowhere, there is "a connection between the dots" and understanding sparks to life. You find yourself in the presence of magic.

Our Feldenkrais movements are explorations guided by principles. We are aiming, for example, toward this sensed experience:

*The bones carry the weight of the body, and the muscles are free for movement.*

That is how Moshe Feldenkrais defined good posture. Along the way there are intermediate markers of progress, such as feeling more comfortable, more grounded and taller.

It may be that Feldenkrais will be magic for you. It has been for me for more than 25 years, and for many others. But magic cannot be forced. It needs something, a gift, the most important gift of all: time.

Is there time in your New Year to cultivate new possibilities for you? Come join us!