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## The Practice of Making Connections

Say you decide to try a Feldenkrais class – what can you expect?

- You can expect to move.
- You can expect to begin with a movement that is familiar, and to take it in a slow and gentle manner.
- You can expect to be asked to pay closer attention to what you are doing than is usual.
- You can expect to be asked to look for connections among the parts of the body, and throughout the self.

For instance, while sitting now, please turn your head to the right. Notice how easy or difficult it is and how far to the side you can see. Repeat and ask yourself: do your shoulders turn with the head? If not, repeat and add them. If so, repeat and subtract them. What difference does it make?

This is the essential Feldenkrais question: “What difference does it make?”

In turning your head, does it make a difference whether the shoulders go with or not? The usual answer is yes.



Having established this, you can explore adding other elements:

- shifting weight
- moving the unweighted knee forward or backward
- shifting the arms
- exhaling or inhaling
- limiting or extending the gaze.

It’s methodical. As you add each element, the fundamental movement includes more and more aspects of the self. And you may be surprised how much ease and range of movement increase.

It’s a practice; the benefits accumulate with application. It shows interest and respect for all the parts of the self; there are so many contributors! The value of the practice is that, as Moshe Feldenkrais said, “There is no end to improvement.”