

## Invitation to take Online Feldenkrais Classes

*Revised 4 March 2021*

*Revised 6 August 2020*

*20 May 2020*

### **WHO, WHAT**

You are invited to join a group class in the Feldenkrais Method of Somatic Education. These classes are taught by Maureen McHugh, Feldenkrais Practitioner, online, via Zoom. You can choose from three classes per week.

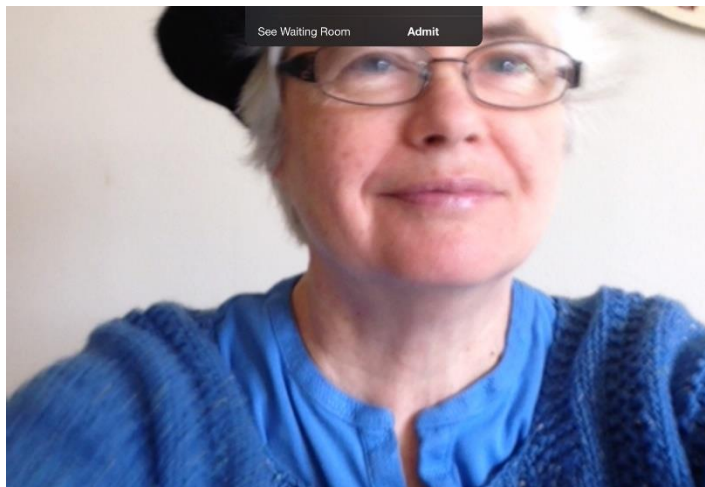
The Feldenkrais Method is named after its founder, Moshe Feldenkrais. His Method is a way, through movement, to bring more attention to how you move and, generally, to how you live in your body. Feldenkrais can help you:

- feel more comfort and less pain
- feel more limber
- stand more easily upright
- improve balance
- feel more alive, physically, and beyond physically

Although Feldenkrais is good for everyone, most people try the Method because they are in pain or are facing limitation. Improvement usually comes about gradually.

The vehicle for improvement is paying attention, while following specific movement instructions, or while resting.

*Individual sessions are also available. If there is a lot of pain or restriction, one or more individual sessions may be the best way to start.*



### **WHEN**

Maureen teaches 3 classes per week:

- Tuesdays at 11 am
- Fridays at 9 am
- Saturdays at 11 am

You may join at any time. To register, please send Maureen an email or text. You may mix and match as you choose. Each week Maureen appreciates a quick email or text to update her on which class you plan to attend.

## GETTING ACQUAINTED

Maureen recommends that a new person join her for a no charge, ten -- fifteen minute Zoom visit. That way, in advance of a first class, there is practice using Zoom, if needed, and time to get acquainted.

### FEE

- \$20 for a single class.
- \$12 for the first single class
- \$120 for a Set of 10
- \$200 for a Set of 20

### CONTACT INFORMATION

Email: [MaureenMcHugh173@gmail.com](mailto:MaureenMcHugh173@gmail.com)

Phone number: 703-751-2111

Web site: [www.WellnessInMotion.com](http://www.WellnessInMotion.com)

Home address: 5083 7th Road South Apt. 202, Arlington, VA 22204

Office address: Landmark Tower, 101 S.

Whiting Street #306, Alexandria, VA 22304

## PAYMENT

1. Zelle. This is a no fee process and the preferred payment method. Use [MaureenMcHugh173@gmail.com](mailto:MaureenMcHugh173@gmail.com). 703-751-2111.
2. Venmo. This is also a no fee payment method. Venmo name: @Maureen-McHugh-Feldenkrais.
3. PayPal. This is third choice because there is a fee. Use Maureen's email, *above*.
4. Check. Please mail to Maureen's home address.
5. Credit. This is done through PayPal.

## THE ROOM AND YOUR DEVICE

During the class you take movements in various situations:

- sitting on a chair in front of the computer
- standing
- sitting on the floor
- occasionally kneeling
- lying down in various positions.

As the class moves through each element, there is a kind of "group choreography" as people adjust their cameras.

Unless you have a special reason to keep your shoes on, you will take off your shoes.

It is best if you use a stable device, such as your laptop or tablet, or your phone in a cradle, so your hands are free. It is also best to have space within the room to move around.

Some of the Feldenkrais sequences that are done lying down are very quiet and low energy. You would like not to get cold.

## THE HORIZON

As was said earlier, most people who come to Feldenkrais are in pain or facing a restriction. When there is a good match, the pain diminishes, sometimes quickly and dramatically, but more often gradually.

Once the acute condition has passed, many people stick with Feldenkrais. Some make it a weekly, or twice weekly, part of their lives, for decades. Why? Because Feldenkrais is a way for one's movement horizon to continually expand. You never get to the end. There is always something more to explore; to expand and reward your interest. Please join us!