

The Feldenkrais Method® at The Marsh... Fall Workshops

Why Feldenkrais? *The Feldenkrais Method® is a 50-year-old form of neuromuscular reeducation. Deepen the sense of how you move, and discover the profound quality of life improvement possible with Feldenkrais study. These workshops use exploratory movement lessons and guided attention to evoke new neuromuscular patterns, reducing pain and tension, and improving coordination, flexibility, balance, confidence, and focus in all movements, from day-to-day activities to athletic or artistic performance. Most lessons are done lying on a mat on the floor (mat provided).*

Walking with Your Whole Self

Monday, September 19, 6:45 - 9:15 p.m.

Walking is a boon for all ages—it provides exercise, builds bone, aids digestion, and can reduce depression. But often, as we age and accumulate life's injuries and sedentary habits, we lose touch with the pleasure of walking. This basic human function can begin to seem like a chore. This workshop will help you explore, deconstruct, and relearn the basics of walking. Lessons will nourish the neurological "roots" of walking by integrating our axis (spine, pelvis, and head) with our arms and legs, so we can walk through life with confidence and pleasure. Weather permitting, there's an opportunity to walk on The Marsh's beautiful trails.

Walking with Grace and Ease

Monday, October 17, 6:45 - 9:15 p.m.

Explore the biomechanics of gait. Each participant learns more awareness of their own walking habits, and is guided toward an organization of their feet, legs, and hips that is more pleasurable, efficient, and sustainable over a lifetime. Whether you're an accomplished walker, or you're injured and wanting to return to walking, this event is for you!

Organizing Your Feet for Balance, Posture & Power

Monday, November 14, 6:45 - 9:15 p.m.

One of Nick's most popular workshops returns to the Twin Cities for the first time since 2013! Foot pain or arch trouble? Do you experience aches or stiffness in your feet, knees, hips, or lower back? This workshop explores and enhances your use of your feet and their relationship to the rest of yourself.

Breathe Easy - Monday, December 12, 6:45 - 9:15 p.m.

Over the course of several different exploratory breathing, sensing, and moving lessons, you'll learn whole-body tools for improving how you are breathing any time, in any activity! Rather than prescribing one right way to breathe, *Feldenkrais* study improves breathing by approaching it as the constantly adaptive life-giving process it is.

All workshops are suitable for newcomers and longtime Feldenkrais students. You can attend individual workshops, but they are designed to complement each other. For more information contact Liz Anema at 952-930-8528 or the instructor, Nick Strauss-Klein, nick@twincitiesfeldenkrais.com. Cost: \$45 Public, \$38 Marsh Member per workshop, or sign up for three workshops and get the fourth one free.



Nick Strauss-Klein, is a full time *Guild Certified Feldenkrais Practitioner* and the director of Twin Cities Feldenkrais (TwinCitiesFeldenkrais.com). He has studied and taught the method in New York City, Baltimore, Minnesota, and Israel over the last 15 years.