

# *The Feldenkrais Method® at The Marsh...*

Fall Workshops, as featured in *Experience Life* magazine!



**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***

**Tuesday, September 12, 6:45 p.m. - 9:15 p.m.**

Explore, deconstruct, and relearn the basics of walking. Through experiential movement lessons we'll 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.

## ***Walking with Grace and Ease***

**Tuesday, 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***

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

Foot pain or arch trouble? Do you experience aches or stiffness in your feet, knees, hips, or lower back? This workshop will use *Feldenkrais* lessons to explore and enhance the use of your feet and their relationship to the rest of yourself. Using your brain's extraordinary ability to learn more efficient patterns of movement and action when given the right sensory information, you'll explore:

- how a supple, intelligent use of your feet and knees can improve your balance and reduce chronic pain in your feet, legs, and back.
- how to feel and find the particular use of your feet that most improves your posture.
- how well-organized feet recruit your legs, back, and breath for powerful athletic movements.

**Last fall Nick's walking workshops at The Marsh were featured nationally in *Experience Life* magazine! See reverse to read more!**

*All workshops are suitable for newcomers and longtime Feldenkrais students. For more information contact Liz Anema at 952-930-8528 or the instructor, Nick Strauss-Klein, [nick@twincitiesfeldenkrais.com](mailto:nick@twincitiesfeldenkrais.com). \$45 Public, \$39 Marsh Member per workshop*



**Nick Strauss-Klein**, is a full time *Guild Certified Feldenkrais Practitioner* and the director of Twin Cities Feldenkrais ([TwinCitiesFeldenkrais.com](http://TwinCitiesFeldenkrais.com)). He has studied and taught the method in New York City, Baltimore, Minnesota, and Israel over the last 17 years.

## Featured in *Experience Life Magazine*

Last year Nick's *Feldenkrais* walking workshops at The Marsh received national press!

### From the article:

“Walking is a physical wonder and a feat of incredible neurological acrobatics,” says Nick Strauss-Klein, GCFP, a certified *Feldenkrais* practitioner based in St. Paul, Minn. “Humans have the capacity to walk for miles or even tens of miles every day.”



As a low-impact, weight-bearing cardio exercise, walking is unquestionably good for us. It's long been touted for its fat-burning, bone-building, heart-pumping, metabolism-boosting, and anti-aging properties. Walking well and with intention also connects our bodies to our minds: It supports brain health, serves as a form of moving meditation, and can even fight depression.

So we know why walking is so great. The problem is that too many of us no longer know how to walk well.

Read more at <https://experiencelife.com/article/relearn-to-walk/>

Here's Nick's audio lesson that *Experience Life* linked at the end of the article:

<https://twincitiesfeldenkrais.com/lesson/your-navigational-pelvis/>

And there's a “web extra” *Experience Life* sidebar in which the author writes about her experience with this lesson in Nick's Marsh workshop called Walking with Grace and Ease:

“A dozen women and half as many men, most in their 50s and beyond, are lying face up, knees toward the ceiling, in an exercise studio in Minnetonka, Minn. Some close their eyes, lids providing thin protection from the fluorescent lights overhead, and all wait quietly for instructions. Their politesse is Minnesotan, but that's not why they're so patient. This group is here for magic. This group is here to learn to walk — albeit in the most unexpected way, by lying on their backs.

“Place your hands softly on your lower belly, let a breath in, and feel your muscles relax,” says Nick Strauss-Klein, GCFP, a guild-certified *Feldenkrais* instructor, in a tone that makes it impossible not to unclench. “Let your elbows rest at your sides and keep your hands soft. Listen to the muscle tonus in your abdomen and slowly lift your left foot just slightly off the ground — without engaging your abs.”

Read more at <https://experiencelife.com/article/awareness-in-walking/>

From Nick: It's always exciting to see *Feldenkrais* mentioned at the national level and I'm delighted to have been featured. I am very grateful for this exposure, which furthers my goal of sharing the life-improving benefits of *Feldenkrais* study as widely as possible! My community has been teaching people to “learn how to learn” — to pay quiet attention and learn to be good for themselves — for over 50 years. We are still too small a voice in a world that increasingly needs this work, but we are growing! And we are always thrilled when our reflective, “less is more” message gets a megaphone.