

Moving Beyond Limitations

Learn to discriminate between what is efficient and easy, and what is wasteful and strained.



“Improvement of talented people comes from their awareness of themselves in action. Their talent arises from their freedom to choose their modes of action. New modes of action are available to those who have discovered themselves, or who have had the good luck to meet a teacher who helped them to learn.”
Moshe Feldenkrais *Elusive Obvious* (p.96).

Learning to Learn through movement:

1. Slow down and attend to your movements.
2. Become empowered and ask questions such as “am I comfortable?” and “how could I do this differently?”
3. Participate in specific movement lessons that give you time to problem solve and make subtle changes in a direction, path or effort in order to build your repertoire for more efficient everyday movements.
4. Experience how ‘doing less’ can give new information.

Dr. Feldenkrais’ idea was that if one can shift one’s image of the action, one can change the way of performing the action. The goal is to help you make these shifts at the unconscious level. Heightened awareness helps you watch the shift happen.

Bonnie K strives to guide people to take more interest in themselves, their health and their well-being.



Bonnie asks her clients to attend closely to their movements, sense and explore variations, and think ‘bones’. As they improve their posture, balance and comfort, they learn they can have more power over their aches and pains than they thought.

Bonnie’s thoughts:

“The focus is more about visualizing - or sensing the whole action (what your back and neck are doing) than on performing the requested movement (i.e. bringing your knee to your elbow).”

Today’s science:

“Restoring movement capacity and preventing deterioration of function are main goals of pain management.”
Pain Practitioner Magazine, published an article regarding how the *Feldenkrais Method®* can help manage pain.

http://www.aapainmanage.org/education/EducationLit/Pain%20Practitioner%20Spring_2010.pdf

This Month’s article: Choosing *Feldenkrais*
http://www.huffingtonpost.com/michael-sigman/falling-for-feldenkrais-a_b_614129.html

Ongoing Classes in Awareness Through Movement®

Mondays 5:45 pm & Wednesdays 10:45 am

No classes July 26 or 28

Workshops: review www.Bonniekissam.com

Individual Lessons are available in:

Sarasota: by appointment

Ionie’s, ---- 1241 Fruitville Road

Orlando: One sunday a month

511 Ferncreek Avenue

Call 941.587.4535

The Feldenkrais Method can be the start of great transformations in how you think and feel about yourself as well as how you can move more optimally.

