

*"Health is the ability to realize our avowed and unavowed dreams."*

— Moshe Feldenkrais

The *Feldenkrais Method* is based on principles of physics, biomechanics, and an empirical understanding of learning and human development.

Learn to increase your ease and range of motion, improve your flexibility and coordination, and rediscover the freedom of movement most often associated with childhood.



***Dr. Moshe Feldenkrais, D.Sc.***

(1904-1984), was a pioneer in the field of neuroplasticity. His research into the relationships of the brain, nervous system and movement led to his revolutionary approach to learning. Through his books and his teaching, Dr. Feldenkrais has influenced the entire field of somatic education. He taught people all over the world from the basketball legend Julius Erving (Dr. J) to Israeli Prime Minister, David Ben-Gurion. The legacy of the Feldenkrais Method will continue through the thousands of Feldenkrais practitioners worldwide.

*"Dr. Feldenkrais was ahead of his time when he developed his theories. The Feldenkrais Method can benefit all ages and both healthy and not so healthy people. Give it a try; be patient, relax, and enjoy!"*

— Normund Wong, MD, Professor of Psychiatry, Uniformed Service University of the Health Sciences



*The Feldenkrais Method® of somatic education*  
**Welcome to a new way of thinking about health**

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## Two Learning Options

### **Functional Integration® Lessons**

are one-on-one lessons tailored towards your specific needs.

*"I can now move pain-free for the first time in four years because I've been able to employ what I learn during my lessons into my carpentry work."*

— Morgan Ryser

### **Awareness through Movement® Lessons**

are classes that use slow, mindful movements designed to give your brain an opportunity to improve your body, movement, and sense of wellbeing.

*"What I'm after isn't flexible bodies but flexible brains. What I'm after is to restore each person to their human dignity."*

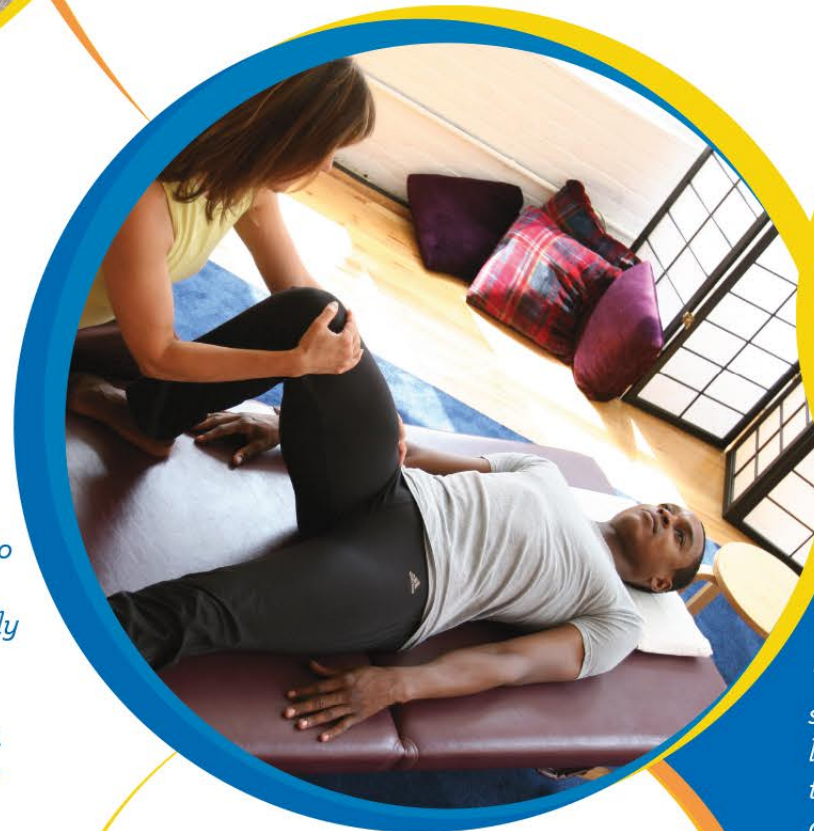
— Moshe Feldenkrais D.Sc.

## Benefits?

- For posture and balance
- For illness, pain, or injury
- For healthy aging
- For babies and children
- For athletes and performers

*"The Feldenkrais Method seeks to gently reeducate those who may have forgotten how to move comfortably by subtly retraining the nervous system. This approach is fundamentally different from medical care: In the Feldenkrais Method the student collaborates with his teacher to relearn comfortable ways of moving, whereas in the medical approach the emphasis is on repairing a structural defect."*

— Turner Osler, MD, FACS, MSc, Research Professor, Department of Surgery, University of Vermont



**Jeanne Hills PT, GCFP is the only PT in the greater Phoenix area who integrates the Feldenkrais Method with PT and bills insurance**



*"I am currently in recovery from a stroke I suffered six years ago, which left me with very little control over my right side and leg. Through the Feldenkrais Method I am now able to feel and control my right leg and foot. The Feldenkrais Method is a wonderful way to influence the body and the mind at the same time. All of this has been accomplished in a very pleasurable way without any pain or discomfort."*

— Gerard Rubaud, French Baker, Westford