

## FELDENKRAIS Method® - Clarkston, MI

### Health Enhancement Track

#### Retreats available for 1-15 days at a time

40 days per year to choose from- see Schedule on website [www.feldenkraistrainingmhc.com](http://www.feldenkraistrainingmhc.com)

This is a process where you will discover how to bring yourself into a new expression of aliveness, agility and balance for creating the life you can love.

Dr. Andrew Weil recommends this form of self awareness and agility training.

Who should attend: Anyone who wants to enhance their ability to move with ease, less pain and related problems. For example, after you complete traditional physical therapy for your illness or injury then this program can be a bridge back to maximal function inside of your unique health situation. Read on the website [www.feldenkraisguild.com](http://www.feldenkraisguild.com) about research findings related to enhanced performance for people who have experienced cerebral palsy, stroke, falls, traumatic brain injury, trauma, fractures, joint replacements, arthritis and chronic pain, assault, etc. The Feldenkrais Method trains you to discover how your brain works so you can add needed software to manage your life situation more effectively. The goal for participating is to create enhanced workability everywhere in your life.

Format: Each class is 5 hours per day where you will discover how to live in the physical reality of your world. It starts with learning how to rest in comfort, how to breathe and think and move at the same time. You are the center of your attention during this class-what works for me, how to pace myself, how to live and listen to feedback (i.e. pain, pulling, pressure, fatigue) and problem solving so that your life works and is doable. You will be coached to discover how to adapt in ways you never knew existed. You will be guided at first and then gradually you will discover how to problem solving getting physical activities done that you are not doing now or inventing ways to use assistive devices as appropriate. Another wonderful side benefit of the Feldenkrais training that people report is enhanced quality of sleep.

How to register: see website [www.feldenkraistrainingmhc.com](http://www.feldenkraistrainingmhc.com) for registration materials or call 586.484.0549 to set up an appointment to get help to complete the registration packet or to get your questions answered.

Sponsor: Movement and Healing Center (A Michigan Not For Profit Corp), 5386 Bronco Dr, Clarkston, MI 48346. Co-Organizers Osa Jackson Schulte/Dale Jensen

Look forward to hear from you and getting all your questions answered.

**586.484.0549 or 248.922.9234**