

Frequently Asked Questions (FAQ)

1. What is the Feldenkrais Method?

The Feldenkrais Method® is an educational approach that uses gentle movement and directed attention to help improve comfort, coordination, posture, and ease of motion.

Instead of stretching or strengthening muscles, Feldenkrais focuses on how you move—helping your nervous system learn more efficient patterns. This results in better mobility, reduced pain, and greater overall physical awareness.

2. How does it work?

The method is based on neuroplasticity—the brain’s ability to reorganize itself. By exploring slow, comfortable movements, your body becomes more aware of unnecessary effort or limiting habits, allowing new, easier possibilities to emerge.

Feldenkrais is taught in two formats:

- Functional Integration® (FI) – one-on-one, hands-on sessions customized to you.
 - Awareness Through Movement® (ATM) – guided group lessons using verbal instructions.
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3. What can I expect in a session?

Functional Integration (private session)

- You’ll usually lie on a padded table, fully clothed. Long sleeves and leggings/pants are preferred.
- The practitioner uses gentle, precise touch to guide your movement.

- There is no stretching, massage, or manipulation—everything is slow, comfortable, and non-forceful.
- The goal is to help your nervous system sense easier movement options.

Awareness Through Movement (group class)

- You'll follow spoken instructions as you explore small, simple movements.
 - Movements are done slowly and comfortably—there is no “pushing through.”
 - Lessons typically last 45–60 minutes.
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4. What should I wear?

Wear loose, comfortable clothing that allows easy movement and that covers arms and legs.

Examples: sweatpants, leggings, yoga wear, soft trousers, layered tops.

Avoid stiff jeans, belts, or anything restrictive.

5. How will I feel afterward?

Many people report:

- a sense of relaxation or calm
- easier posture or lighter movement
- improved breathing
- reduced pain or tension
- feeling grounded, balanced, or more connected to oneself

It's also normal to feel pleasantly “sleepy,” more aware of your body, or temporarily a bit disorganized as your nervous system integrates new patterns.

6. How soon can I expect improvement?

This varies by person and condition. Some feel changes after one session, while others notice improvements gradually over several lessons.

Because Feldenkrais works by learning rather than forcing, progress tends to be:

- cumulative
- long-lasting
- personalized

Clients often experience meaningful benefits within 3–10 sessions.

7. What is the Feldenkrais Method good for?

People use Feldenkrais for a wide range of reasons, including:

Pain & rehabilitation

- chronic back, neck, or shoulder pain
- recovering from injuries including concussions
- improving post-surgical mobility

Movement efficiency

- posture and gait improvement
- balance and stability
- coordination and flexibility

Performance & creativity

- dancers, musicians, actors, and athletes seeking refined movement
- reducing performance anxiety or inefficient habits

Neurological conditions

- stroke recovery
- Parkinson's
- MS

(The Method is not a medical treatment but can support functional improvement.)

General well-being

- stress reduction
 - increased body awareness
 - smoother, easier everyday movement
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8. Is Feldenkrais the same as physiotherapy, massage, or yoga?

No. While it complements many approaches, Feldenkrais is unique because it focuses on learning and movement quality, not on stretching, strengthening, or adjusting the body. There is no manipulation, no deep tissue work, and no postural “correction.”

9. Do I need to be in good shape or flexible?

Not at all. Feldenkrais is appropriate for people of all ages, abilities, and fitness levels—including those with limited mobility, injuries, or chronic pain. Movements are always adapted to what feels safe and comfortable for you.

10. How many sessions do I need?

It depends on your goals. Some come for a short series to address a specific issue, while others attend ongoing lessons for continuous improvement. Your practitioner can help design a personalized plan.