

Feldenkrais Classes

Nourish Body and Soul

Feldenkrais and Hakomi

Contact The Novara Centre
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In this weekly class we combine Feldenkrais movement sessions with Hakomi based experiments in mindfulness. As we explore and discover our habitual ways of seeing and doing things we bring them more fully into consciousness. This gives us more choice in responding to our life circumstances. Rather than reacting to the world out of old, often limiting habits, that can cause unnecessary suffering, we can find new possibilities, more freedom, and therefore can influence our life in a more wholesome, nourishing way.

Monday 11.30am - 1pm, starting

Cost: € 150

The Method:

The Feldenkrais Method is based on the fact that all people have the ability to learn and to widen their potential throughout their life. Gentle movements and directed attention help us to become more aware of our habitual patterns and rigidities and to experience more choice and flexibility in our bodies. As we learn to engage the entire body, tensions and pains release, flexibility increases and movement automatically becomes easier. Our increased body-awareness expands our potential, not just in movement, but also in all areas of life.

The Feldenkrais Method helps to

- Improve movement, posture and breathing
- Release muscular tension, stress and pain
- Maintain and regain flexibility
- Improve performance
(sport, dance, music, theatre, martial art)
- Increase awareness of the body

If you want to have more information visit: www.ascendant.ie/feldenkrais