

## **Feldenkrais & Hakomi Classes**

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### **Nourish Body and Soul**

Feldenkrais and Hakomi

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, for 6 weeks, Cost: €90

### **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 Hakomi Method of psychotherapy, created by Ron Kurtz, is a method of assisted self-discovery. Hakomi combines mindfulness (a kind of quiet, non-interfering attention to present-moment experience) with small exercises to evoke experiences that we can study. Our experience is organised by habits: the lens we see through (unconscious belief patterns, mostly created through early life experience) colours our view of the world. In a safe, non-invasive and compassionate environment, we use small experiments to become more aware of limiting patterns. This helps us eliminate unnecessary suffering, discover nourishing experiences, and increases our freedom and choice in life.

If you want to have more information visit: [www.ascendant.ie/feldenkrais](http://www.ascendant.ie/feldenkrais)