

### ***What does it mean to me to be a Feldenkrais teacher/practitioner?***

We have ways of sitting, standing, moving, or doing things in our everyday life that we're unaware of, those habits can actually be causing us a great deal of pain and discomfort. What I do is teach you to become more aware of your habits and also how to change them gradually over time so that you stop doing things to yourself that create the same problem over and over. As you learn how to manage your daily activities better, you generally start to feel better and have more energy. It's an investment in yourself that is well worth it--you are going to have this body you have for the rest of your life, and learning to respect and live comfortably in it makes a big difference!

I view myself as your guide accompanying your learning and growth process, rather than as a "fixer" or therapist of any kind. Ultimately, the power to transform comes from you. What I do is gently direct and shape some of the pathways that allow your power to grow, develop, and self-express. In a class, I will direct you to do small, gentle movements and I will guide you in how to become aware of what you do.

### **Feldenkrais is not a**

series of treatments or exercises but rather a **re-education** of the **mind and body**.

Training a body to perfect all the possible forms and configurations of its members makes a profound and beneficial change in the self-image and the quality of direction of the self.

Self-knowledge through awareness is the goal of re-education. As we become aware of what we are doing in fact, and not what we say or think we are doing, the way to improvement is wide open to us."

-- Moshe Feldenkrais, D.Sc.

### ***What can you hope to get out of a being in an Awareness Through Movement class with me?***

The effects of ATM classes are very personal and will vary from person to person. These are some of the benefits I get from doing ATMs:

- ✚ A greater sense of well-being, calmness and focus. It's easier to relax my body and quieten my thoughts.
- ✚ An ease and agility in my everyday movement.
- ✚ An appreciation of my physical, emotional and mental individuality so that I don't compare myself to others.
- ✚ Looking over my shoulder when reversing the car is easy!
- ✚ Improved posture at my desk and improved use of my voice and my eyes.

### ***Who can do an ATM class?***

Anyone who can get up & down from a floor/chair. Anyone with chronic pain or a desire to feel good. Anyone. Any age.

### ***What will you do in an ATM class?***

You will become aware of how your body moves through small, effortless movements. One of the principles of ATM classes is: Less is more – the less you effort, the more you will sense.

### ***What do you bring with you to an ATM class?***

A mat or travel rug/blanket to lie on the floor. A towel. We spend a lot of time on the floor, getting the better of gravity!

### ***What do you wear to an ATM class?***

Loose, comfy, soft pants and top, preferably with no zips or buttons.

### ***To reserve a space in class....***

**PHONE GRACE: 07 4096 5546; 0428451679**

**TIME: 10.30 am Monday mornings**

**PLACE: Uniting Church Hall, Mary St, Malanda**

## **Grace Chapman Bio**

“A trained teacher and partner in the family solar business, Grace homeschooled 3 children and supported them into the world as talented individuals.”

At a time when I was assessing the direction of my life, I had an accident that injured my back. Numerous smaller accidents happened as a result of that injury. In that period I stumbled across the Feldenkrais Method when I attended a theatre performance workshop. As a result of the exercises we did in that workshop, I moved with an ease I hadn't felt in quite a few months. I pursued my curiosity with this method that had made such a difference to my demeanour and physical ability and found that a four year course was about to begin in Brisbane.

After two years study, I am now fully qualified as a teacher of “Awareness Through Movement” classes. By June 2016 I will be a Certified Feldenkrais Practitioner.

Like a breath of fresh air, I use the method in my everyday life – mentally and physically.

“Awareness Through Movement” is about **moving better** in order to **live better**.

It's about **increasing body awareness** and **pleasurable movement**.

It's **not** about **pleasing your teacher** and **getting things right**.

### ***Invest your time in classes if---***

--You want to reduce stress and have a tendency to overdo everything.

--You are looking to facilitate your recovery from injury, surgery, or repetitive strain.

--You want to improve how you do things in everyday life: driving, gardening, giving massages, studying, sports, dance, bicycling, playing an instrument, carrying a baby, walking, getting into and out of a chair. Do you get the picture?

# *Awareness Through Movement*

*Grace Chapman*

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