

## *The Feldenkrais Method*

KEYS FOR SUCCESS written by Practitioner David Zemach-Bersin

### **DO ONLY WHAT IS EASY**

Make each movement easy and comfortable. Do not strain or stretch. Doing only what is easy will facilitate your ability to pay attention to the quality of your movement.

### **MAKE EACH MOVEMENT SMALL**

Small movements done easily enable your body to improve most effectively. Large movements, done with effort, reduce your ability to heal and improve

### **GO SLOWLY**

Do each movement slowly. This will give you time to sense and feel what you are doing, so that you can easily detect and reduce unnecessary effort and strain.

### **PAUSE BETWEEN EACH MOVEMENT**

Do not repeat the movements quickly, one after another. ATM is most effective when you pause and relax completely for a moment after each movement, allowing your brain time to absorb new and useful sensory information.

### **REDUCE ALL UNNECESSARY EFFORT**

Small, slow and easy movements allow you to detect the unnecessary effort in your body. With reduced effort, your movement will automatically improve.

### **DON'T TRY**

Your improvement will be greater and quicker if you do not 'try to succeed'. When you try, you are likely to use more effort than necessary.

### **RESTING IS IMPORTANT**

Fatigue causes unnecessary and inefficient effort in your movement, interfering with your ability to heal and improve. If at any time during a lesson you feel a need to rest, simply pause until you are ready to continue.

## **AVOID PAIN AND DISCOMFORT**

You should never experience discomfort or pain while doing ATM. Only do the small amount that feels comfortable and easy. If you experience pain or discomfort, use even less effort and make each movement even smaller and slower, or try doing the movements in your imagination.

## **USING YOUR KINESTHETIC IMAGINATION**

When you visualize doing a movement, your brain sends essentially the same messages to your muscles as when you are actually moving. To use your imagination, close your eyes and imagine doing the movements with ease, and with as much kinesthetic detail as you can.

## **CONTINUING YOUR PROGRESS**

By doing ATM often, you will initiate a building process of steady improvement. You can also maximize the benefits by periodically recalling the movements of a recent lesson, including your feelings and sensations. Improvement will come as a result of increased kinesthetic sensitivity and awareness.