



Patreon: Mobility Plan

Month 1

- Use this plan as a guideline to get you started in your first month of mobility work.
- Recommendations for 2 lessons or about 30 minutes/week are provided.
- If you plan on doing mobility more than 2x/week (Highly Encouraged!), I will provide a “Bonus Dose” pictured as: 🍪. This could either be repeating an earlier lesson or adding Daily Mobility Lessons. Feel free to repeat lessons several times. You will continue to improve!
- If you are short on time, you can split longer lessons in half as indicated by this: ⌚
- Chair lessons will be indicated with a: 🪑

### Week 1

- LISTEN** *Starting Guide to the Feldenkrais Method (5 min)*
- READ** *Keys For Success*
- DO** *Preparatory Lesson: The Scan (10 min)*
- DO** *Daily Mobility 1: Breathing Part 1 (12 min)*

🍪 Repeat *The Scan*. You will begin to notice patterns and become aware of smaller details.

### Week 2

- DO** *Fundamentals Lesson 1: Pelvic Tilts (30 min)* ⌚

🍪 *The Scan, Daily Mobility 1*

### Week 3

- DO** *Fundamentals Lesson 2: Head Up and Down (30 min)* 🪑 ⌚

🍪 *Fundamentals 1, The Scan*

### Week 4

- DO** *Daily Mobility 2: Pelvic Tilts Pushing Through the Feet (12 min)*
- DO** *Daily Mobility 3: Sliding Hands and Knees (12 min)*

🍪 *Fundamentals 2, Daily Mobility 1*