



Tired of trying to navigate your way through the healthcare maze?

Let our team of experienced professionals show you the way.



“Making the impossible possible, the possible easy, and the easy elegant.”

- Moshe Feldenkrais

**The Bellerive Quay Health Hub
Holistic Wellness Centre**

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**FELDENKRAIS
METHOD**

THE BEST MOVE YOU CAN MAKE



**THE BELLERIVE QUAY
HEALTH HUB**
HOLISTIC WELLNESS CENTRE

**Your One Stop Multi-Disciplinary
Healthcare Service**

What is Feldenkrais?

The Feldenkrais Method is a movement based learning system that enhances your ability to move and be in life.

Refining the way you move is at the heart of all learning. The ability to walk, sit, play the piano, relate, or perform the functions of your work, all require complex patterns of movement.

The gentle exploratory lessons of the Feldenkrais Method are an opportunity to delve deeply into the experience of your body. To develop an understanding of its idiosyncrasies, its possibilities and how you can adapt it to your needs.

About the Originator

Dr Moshe Feldenkrais (pronounced "fel-den-krice") (1904-1984) was trained in mechanical and electrical engineering.

A keen interest in martial arts and a personal knee injury, provided the impetus which led him to a lifetime study of the structure and function of humankind and the relationship between human development, education and movement. In today's terms he was a Neuroscientist: A Neuroplastician before his time.

"Through awareness we can learn to move with astonishing lightness and freedom - at almost any age - and thereby improve our living circumstances, not only physically...

but emotionally intellectually and spiritually"

- Moshe Feldenkrais

Who Will Benefit

- Everyone. The method helps you do whatever you do, better. Dancers, musicians, athletes, actors or people whose work involves repetitive tasks
- People of all ages from babies and children through to adults and senior citizens
- People interested in preventing stiffness and strain
- Those who are challenged by learning difficulties, Stroke, Multiple Sclerosis, Cerebral Palsy or Injury
- Those needing to understand and manage pain

As a result, it is beneficial in a wide variety of applications:

- Childhood Development
- Older Adults
- Sport and Performance
- Chronic Conditions
- Injury Prevention
- Rehabilitation
- Pain Management

How You Can Benefit

- Improve and maintain health and wellbeing
- Learn easier ways to do familiar tasks
- Improve balance, flexibility, co-ordination and breathing
- Experience stillness and enhanced awareness
- Recognise and ease stress related tension
- Increase clarity in sensing, thinking and feeling
- Discover how habits of posture can contribute to pain and limit movement

The Feldenkrais Method is delivered in two distinct ways:

Group Classes called "Awareness Through Movement" lessons (ATM)

A Feldenkrais Practitioner verbally guides the class through a sequence of gentle movement explorations. Your attention is drawn to the connections between parts of the body and your sense of your whole self. Through this mindful attention, you discover easier ways of moving in everyday activities, letting go of unhelpful patterns of movement, improving your overall wellbeing.

Individual Lessons called "Functional Integration" (FI)

This is a hands-on, one-on-one process. Functional Integration lessons are tailored to each client's needs. The practitioner guides movement through precise, gentle touch. The client lies or sits, comfortably clothed, on a low padded table. The practitioner brings present habits into focus through feedback and explores new movement options. The learning is then applied to everyday activities such as reaching, sitting, standing and walking.

