



## Feldenkrais (R)

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The Feldenkrais Method is a form of movement therapy Stubbornly and doggedly or soft and flexible? Resolve tensions - learn Agility Based on the Feldenkrais Method is a deep understanding of human learning processes. Through accurate perception of one's body in motion, we recognize our habitual movements and learn new movement possibilities that stimulate our physical, mental and spiritual development. We are clear in thought and action.

This method combines a special way of movement, sensation, feeling and thinking together. The quality of our movements reflects our whole self.

Being physically active can be simple, easy and graceful - once you learn a cleverly constructed on each movement sequence. In contrast to the gym, which is aimed at endurance, strength and muscle training, it goes on to the Feldenkrais new learning "more economical" and lighter movements. Feldenkrais is no therapy that is administered, it is in fact a creative learning method, which invites you to its own employees, completely without pressure.

This way you experience your movements much more sophisticated and you can refine your perception and attention. A side effect is often highly valued

Peace of mind Relaxation Restful sleep How does Feldenkrais? The Feldenkrais Method is a holistic method that combines gentle movements with conscious attention in order to improve the quality of movement.

It leads to simplified soothing body processes, improved coordination, increased concentration and more zest for life.

Their ability is to act with precision, power and spontaneity expands and thus increases your ability to learn. You can also discover ease, efficiency and elegance in your movements and develop. They take themselves perceive and experience is more intense.

As Feldenkrais is practiced? In the group -> Awareness Through Movement Movement lessons to teach special and careful way, your body and self-perception, your posture, coordination and flexibility. Each participant recognizes more clearly their own posture and movement patterns. Playful ways are offered to change them positively.

So you can use your personal options broaden and better.

The groups are structured systematically and comprehensively: Every hour, a different body area treated. Your inner and outer self-image, which is characterized by patterns of movement is evidenced by this work clearer and more comprehensive.

Individual work -> Functional Integration Fine touches and movements by the teacher are the nonverbal language of individual lessons.

The movements are guided and enhanced by your personal perception of the student. Quite right, you learn to know the functional motor connections and thereby expand your range of motion.

The single hour can be individually addressed to your process / complaints and your questions. The two methods are equivalent, they complement each other perfectly well.

Feldenkrais is suitable for whom? For people of all ages who want to change something in their lives and are curious about their still hidden powers and abilities:

Your Move, thinking, acting and feeling expand The realization of your dreams come closer Your body's own intelligence to develop Their behavior and movement patterns to discover Easier to deal with handicaps Musculoskeletal pain and / or chronic pain trigger Rheumatic and neurological diseases or alleviate Access to internal forces are (again) Found after surgery, or violation of the balance again The Feldenkrais Method in individual work, we now offer in our practice.

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