

## Class Schedule

### Introductory Workshop

Coming Soon

### Awareness Through Movement® Classes

Day Session 1

New sessions to be announced soon

Night Session 1

New sessions to be announced soon

Drop-In class fee - \$15

Reserve your spot: [terry@gentlemotion.com](mailto:terry@gentlemotion.com)

## Preparation

- ☞ Wear loose fitting comfortable clothing
- ☞ Arrive 5-10 minutes early to get settled
- ☞ Bring an exercise mat (yoga or other)
- ☞ Towel or small pillow

## Location - 899 South Plymouth Court



## Quotes From Students

*I had been working on developing a better mind body union. The Feldenkrais movements showed me an easy way to to facilitate this goal. Terry's guidance made the melding of mind and body a reality. Relaxed, grounded and all together, that's me.*

Anne R., 45

*I woke up this morning and I could walk without much pain at all. I can't believe it. And I can stand up straight much easier. This is EXCITING! See you Thursday. I cannot wait.*

Mary D., 65

*"I did not know about the Feldenkrais® method until Terry worked with me. I appreciate how it has accelerated and deepened my yoga practice through learning about subtle body movements and mindful awareness."*

Monica S., 56, Yoga Teacher

*Feldenkrais® makes me more aware of the importance of mental and physical flexibility to achieve desired results.*

Tom Reeves, 65, Retired

*"I am blind, and holding on to my Seeing Eye dog's harness on the left side all these years had left me off-balance. The Feldenkrais® method improved my posture and put me back on an even keel."*

Beth Finke, 53, Author

*Feldenkrais® has not only helped me physically, but emotionally as well. I always feel better after a session with Terry. My stiff old joints are looser and my spirit is much brighter.*

Dolly 47, mother of 3, 2-time cancer survivor!

*"Feldenkrais helped me to have a better center of balance and easier movement in my joints. I believe everyone can benefit from Feldenkrais because we cause so many imbalances in our bodies through our day-to-day lives."*

Judy Johnson, age 68, Certified Personal Trainer



*Feldenkrais*  
**M e t h o d**

**Classes in the Feldenkrais Method® of Movement**

### **Awareness Through Movement® Workshop**

New session to be announced soon.  
899 South Plymouth Court, Chicago, IL  
Mezzanine Level

Presenter: Terry Griffin, Guild Certified  
Feldenkrais Practitioner

Wear: Loose fitting comfortable clothing  
Bring: Yoga Mat or blanket, towel, small pillow

To reserve your space  
RSVP: [terry@gentlemotion.com](mailto:terry@gentlemotion.com)



# Why Feldenkrais®?

- Our health is our most valuable asset
- Recreational activity has an enormous impact on our life satisfaction and fulfillment
- To stay active and independent it is important to eliminate pain and discomfort
- Feldenkrais® movements are easy for people of all ages and abilities
- Feldenkrais® movements help you to discover and eliminate the habits that limit you
- You will move smarter, easier and younger
- Your brain fitness and physical intelligence will improve
- You will improve your breathing
- Discover good posture and better balance
- Explore simple patterns of stability, flexibility & choice
- Give your sense of confidence a major boost
- Eliminate compulsive behavior and achieve spontaneity
- You will reduce fatigue and have less pain

*“Move with minimum effort and maximum efficiency, not through muscular strength but through increased conciousness of how movement works”*

*- Moshe Feldenkrais*

**Developed by Moshe Feldenkrais,** the method is based on sound principles of physics, neurology and physiology and the conditions under which the nervous system learns best.



*Moshe Feldenkrais*  
Founder of the  
Feldenkrais® Method

**Feldenkrais® employs strategies to improve** posture, flexibility, coordination, balance, athletic and artistic ability. It is designed to meet people at their current level of ability and help them improve.



*Functional Integration® (FI)*  
A hands-on form of tactile,  
kinesthetic communication

*“Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself.”*

*- Moshe Feldenkrais*

**The Feldenkrais Method®** aims to improve movement repertoire, aiming to expand and refine the use of the self through awareness, in order to reduce pain or limitations in movement, and promote general well-being.



*Awareness Through Movement®*  
People engage in precisely  
structured movement explorations  
that involve thinking, sensing,  
moving, and imagining

*“The only thing permanent about our behavior patterns is our belief that they are so.”*

**Approach**  
Feldenkrais believed that health is founded on good function. He asserted that his method of body/mind exploration improved functioning (health) by making individuals more aware.



*“What I am after is more flexible minds, not just more flexible bodies”*

*- Dr. Moshe Feldenkrais*