

Movement Classes

"There is deep wisdom within our very flesh, if we can only come to our senses and feel it."

~Elizabeth A. Behnke

To receive monthly updates by email of all the classes that Colette is teaching, please send an email to Colette@ListeningTouch.com.

Feldenkrais Class/Workshop times:

- Ongoing Class: Thursdays, 4:00 p.m. at Fitness Place, upstairs. 215 N. McCormick St. #101. \$10 per class. (A new lesson is provided each week. Each lesson is designed to increase your balance, coordination, range of motion, and comfort while moving. Regardless the subject of the lesson, since we are connected from head to foot, each lesson will clarify your particular area of concern or curiosity.)
- Feldenkrais One Day Workshop: "Free Your Back" Saturday, March 20 from 9:00 to 3:30 pm, Designed to increase flexibility and coordination of your shoulders and hips. \$50, pre-registration necessary.
- Feldenkrais One Day Workshop: "Easier Sitting" Saturday, April 3 from 9:00 to 3:30 pm, Designed to increase your comfort in sitting at any chair: computer, couch, car, etc. Also, moving easily to standing position. These will all be sitting lesson. \$50, pre-registration necessary.

What to bring to class:

- Mats, blankets and supports are provided for our ongoing class, otherwise please bring your mat.
- Wear unrestricting clothes. Think sweats, t-shirts, and elastic waistbands.
- Relaxation can cool your core temperature, so you may want to wear an extra layer for warmth.

If you would like to sample a lesson via the internet,
please consult the Links and Resources page.

Reasons you may want to consider taking a series of movement classes

In a nutshell: My students report increased coordination, better balance, greater range of motion, better sleep, stronger self awareness, experiences of well-being, and a reduction of chronic pain. (They also say, "Why isn't everyone taking these classes, they make you feel so good!!!")

The unique benefit of attending these classes is the way in which you are encouraged to explore your sense of self--through the neutral palette of sensation. These lessons are quite internal and are designed to increase your comfort both in body and in mind. No extreme stretching, no mirrors or demonstrations, no racing heart beat, no rules about how to move; just a lot of suggestions and ample encouragement to move in the way that feels best. This is moving from the inside out, not the outside in.

Your quiet investigation will focus the mind, rivet the sensations, and welcome you to acknowledge what simply is by connecting with it. Some modalities go through the mind to experience the whole; here, we go through the body to move into the spirit of Being.

For your body:

- It's no fun to feel stiff, and you want to increase your flexibility. These classes will open your movement so that you feel much more fluid.
- You want to relax more fully. Your body feels tight, even rigid in places. Stretching doesn't help that much. This approach can!
- You think of yourself as having a front and a back, but wonder what else might be in between. These classes will give you a more 3-D experience of yourself.
- You would like to understand how to avoid aggravating that old injury. These classes can help you to become more aware of your structural limitations and encourage new ways to work with them.
- You're already fit. You love your exercise program but want to get even more out of it. This style of enquiry sits at the foundation of any movement practice you may already be involved in. You can use this method to learn how to power any movement more efficiently. Clarify areas of too great effort, or too little engagement, so that you can act more from an efficient whole.

For your mind:

- You want to quiet the noise between your ears. The awareness that a lesson fosters will focus the mind, allowing you to slow down and quiet down.
- You want to spend more time with yourself, just for you. These classes nourish the side of you that needs a vacation from paying attention to everyone else in your life.
- You're too hard on yourself, and wish there were a way to let that go. As your nervous system settles during a lesson, you will notice your self talk in a way that encourages a greater attitude of acceptance. These classes offer you a way to practice thinking of yourself in more accepting and nourishing ways. Ultimately, we neurologically rewire mental habits in

the same way that we rewire movement habits: through repetition in an environment of curiosity, ease, acceptance and comfort.

- The idea of Body Meditation sounds really good. You'd like to sit more comfortably in yourself, because you know this is the best way to be prepared for life as it changes around you. This method is all about learning to respond to what feels true, rather than reacting to what comes at you.
- Life is so rich when you make time to pay attention to the details. These classes are like organic puzzles that reflect on the way your bones naturally design you to move. Moving through a lesson lets you feel more connected to the natural rhythms of your life. The gap lessens between inside and outside.

These classes are inspired by the work of Dr. Moshe Feldenkrais, 1904-1984