

AWARENESS THRU MOVEMENT CLASS

UTILIZING THE FELDENKRAIS PHILOSOPHY



TAUGHT BY MARGARET J. PITTENGER. MSPT ,RYT 200

THURSDAYS 6:30 - 8:00 PM

10 - WEEK BLOCKS

BEGINNING MARCH 5 AT \$20 PER SESSION

SHEPHERD OF THE HILLS LUTHERAN CHURCH,
4887 VALLEYDALE ROAD, BIRMINGHAM, AL 35242

Starting March 5 and happening every Thursday evening from 6:30 - 8:00 PM in 10-week blocks, there will be a Feldenkrais Awareness Thru Movement class. Cost \$20 each session.

You will only need a pillow, a blanket and loose clothing. This is for all ages that can lie still for 10 min at a time. (Usually 12 years or older).

This class is for anyone who wants to explore movement or is hurting and has not found help in traditional approaches. Classes will be held at Shepherd of the Hills Lutheran Church located at 4887 Valleydale Road, Birmingham, AL 35242. *Sign up by emailing Margaret at feldypittenger@gmail.com for the Thursday Class.*

Sitting at a desk all day?

Have chronic pain?

Can't seem to relax?

Come check out something new that may make the difference you have been looking for.

Taught by Margaret J. Pittenger. MSPT ,RYT 200
Feldenkrais graduate 1992 feldypittenger@gmail.com

Awareness Thru Movement Utilizing the Feldenkrais Philosophy -

This class will explore the way movement can be used to change painful habitual patterns with slow gentle movement and awareness of breath rhythms.

We all have habitual patterns in our postures due to stress and repetitive movements. The gym environment of singling out individual muscles or pushing harder, is not the place to unwind, reboot, reorganize our body's ability to step back from stress or pain.

If your muscles are hurting, they are out of alignment and out of your awareness. The class is about rediscovering the geography of yourself and how it fits into your environment. The purpose is to rediscover breath: it's effect on stress and how to move yourself into to new habits without pain.

Most people in our culture have been led to believe that they have back pain because they haven't exercised enough or because they are not strong enough. .If this were true then manual laborers would never have pain. People who weight lift would never have pain. Another myth is that stretching is the answer to all pain problems: "I just can't get my leg long enough!" If this were true then dancers would never have pain. The answer is balancing the muscle partners on both sides of the joint for consistent responses. Stretching only works on one side of the joint!

People who sit all day think the pain is from sitting and people who stand all day think the pain is from standing.

Dr. Moshe Feldenkrais Ph D, was one of a handful of people in the early twenties who understood and began to organize an approach toward the mystery of pain, tightness and discomfort for those of us caught in habitual postural patterns that limit our options for movement and eventually show up as chronic pain.

Dr. Feldenkrais was a physicist, an engineer, a soccer player and a judo expert. He saw the body from different viewpoints and wanted to know why we were built the way we are.

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