
Your Life is Only as Comfortable as your Movement

OSHER 299-001

Dates: Thursdays: January 14 – February 18

Time: 3:30 – 5:00 pm

Location: Online via Zoom

Instructor: Carol Lessinger, (801) 580-9484, carollessinger@icloud.com
www.carollessinger.com

Course Description:

Hello and welcome to this class of self-exploration and discovery. I have been teaching movement practices for over 40 years and as I'm coming into my own advanced years (I won't see 70 again), I'm excited to be able to help people live life with greater ease and joy.

Although the title of each class specifies a particular aspect of the body, all lessons affect the organization of your entire body. Two unique qualities of the Feldenkrais Method® are that everything in your physical body is connected to everything else and we learn not through force but through ease and comfort. Learning means that there is a change in your brain's capacity to refine itself. For instance, if you have pain in your knees, the source could be coming from some unconscious, inadequate use of your back or vice versa. If you're looking for an innovative way to feel better, think clearer, and move with greater ease, the Feldenkrais Method® is a wonderful choice!

All abilities are welcome. The only caveat is that you will need to be able to get down and up from the floor. It's fine to use some support to do so. Please contact me if you would like to request a class where all the sessions are in sitting.

Each class will build on the previous class. However, recordings will be provided if you need to miss some.

What You Will Need:

Wear loose, easy to move in clothing.

A chair with a firm flat seat or a stool to sit on.

A comfortable open space on the floor near your computer.

Your curiosity, self-compassion, and a sense of humor

Course Overview:

Week 1: Your Pelvis - Power House for mobility and stability. This lesson is in a sitting position

Week 2: Breath - Improve your way when there's no "correct" way

Week 3: Eyes - Your eyes have the largest influence on the movement of your entire body. Neck, shoulders, balance, and vision could all be improved.

Week 4: Finding Your Core - A new way to look at core strength and how to access it

Week 5: Beginning Rotation - How the rotation of your spine influences alertness, better posture and flexibility.

Week 6: Deeper Rotation - This function is so important that we'll dive into it again. We will also integrate the previous classes.

Reading Resources:

*Recommended but not required.

- *The Brain's Way of Healing* by Norman Doidge
- **Somatics:** *Reawakening the Mind's Control of Movement, Flexibility, and Health* by Thomas Hanna