

My name is Liz Monnier and I was a founding member of the Fort Wayne Dance Collective in 1979 and served as its Artistic Director from 1985-2015. For the past four years I have been training 8 weeks per year at the Seattle Eastside Feldenkrais® Training. I graduated from this 800 hour program in May 2015 and am now pursuing avenues to put my training in the Feldenkrais® Method to good use. This somatic educational practice has shown incredible results in assisting people with movement challenges, in a way that no other modality can claim.

I would be interested in sharing information with a sample Feldenkrais® Awareness Through Movement lesson during one of your Monday night meetings.

Norman Doidge M.D. recently devoted two chapters to the Feldenkrais® Method in his new book:

The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity

Moshe Feldenkrais understood neuroplasticity before the word even existed! In Doidge's new book he dedicates two chapters to the Feldenkrais Method® and its impact in understanding how our brain can help us heal.

From Amazon.com's description: From The New York Times bestselling author of The Brain That Changes Itself presents astounding advances in the treatment of brain injury and illness.

For centuries it was believed that the brain's complexity prevented recovery from damage or disease. The Brain's Way of Healing shows that this very sophistication is the source of a unique kind of healing. As he did so lucidly in The Brain That Changes Itself, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health.

I've included a description of the Method below. I look forward to hearing from you!
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Guild Certified Feldenkrais® Practitioner

THE FELDENKRAIS METHOD®

The *Feldenkrais Method®* is a form of somatic education (*field of movement studies that emphasize internal physical perception*) uses gentle movement and directed attention to improve movement and enhance human functioning. Through this Method, people can increase ease and range of motion, improve flexibility and coordination, and rediscover their innate capacity for graceful, efficient movement, regardless of their current functional capacity. These improvements will often generalize to enhance functioning in other aspects of life. The Method is said to “make the impossible, possible, the possible, easy and the easy; elegant.”