Facebook Post, April 23, 2016

My horoscope today says I should “show others that self-awareness is possible and desirable.” Time to get a move on sharing the Feldenkrais Method®!! I typically find myself hanging out with the 50-70’s age group and often hear about aches and pains and how “well, I guess it’s just old age.” I heard a story just last night how a friend was just reaching for the seat belt and ended up with a shoulder injury. Well, my friends the Feldenkrais Method® is for you, for everyone really. We go through our lives transporting from one place to another never giving a thought to “how” we do it, until, or course something hurts….now we have your attention! If, however, we take the time to listen to our movement, track our internal habits and begin to make adjustments, we can avoid those aches and pains that we think are inevitable with aging. I teach this method at the Fort Wayne Dance Collective on Mondays at 12 noon and 6 p.m., as well as offering private sessions. It’s the greatest gift you can give yourself.