Private Feldenkrais® Functional Integration Lessons

Private Sessions What to expect

“It’s like physical therapy, without the pain!” client

A private lesson, called Functional Integration®, is an individualized and personal encounter. Liz Monnier will work with you to determine the best strategy for your situation. The lesson will relate to a specific desire, intention, or need.

What makes Functional Integration® different from other modalities is that the learning process is manifested **without** the use of any invasive or forceful procedure. Taking into account your abilities, qualities, and integrity, Liz will create an environment in which you can learn comfortably.

Lessons take place with the student sitting or lying comfortably on a specially designed table. Liz uses gentle, non-invasive manipulations to stimulate connections with the nervous system. At times, she might incorporate various props to support your body configuration or to facilitate certain movements. The result of the session is improved alignment in daily activities like sitting, standing, reaching, and walking. Come up with any action word you can think of, or need help with, and we can work on it together!