The Benefits of the Feldenkrais Method®

“The system developed by Dr. Feldenkrais has as much potential for understanding the mind/body relationship as Einstein’s general theory of relativity had for physics.”

Bernard Lake, M.D.

The Feldenkrais Method engages the power of the brain to improve your physical comfort and sense of well-being. It is broadly beneficial and appropriate for people of all ages and abilities. Safe, non-strenuous and immediately effective, the Feldenkrais Method can make everything you do easier and more comfortable. The benefits include:

- Relief from muscular-skeletal and joint pain.
- Relief from discomfort throughout your body, including your back, neck, shoulders, hips, knees, feet, hands, pelvis, and jaw.
- Improved flexibility and quality of movement.
- Improved standing and sitting posture.
- Reduced muscular tension, stress and anxiety.
- Renewed vitality, health and emotional well-being.
- Greater ease and pleasure in all your physical activities.
- Refined artistic and athletic performance.
- Reduced muscular effort and improved muscular efficiency.
- Restoration of lost function due to neurological issues such as multiple sclerosis and stroke.
- Improved ease of movement and coordination.
- Improved mood and energy levels.
- Improved breathing.
- Improved self-image and sense of well-being.
- Quick recovery from injury and surgery.
- Improved health and mobility of your joints.
- Better stability and balance.
- Healthy aging and increased brain fitness.
- Improved ability to relax and sleep.
- Reduced inflammation and improved circulation.
- A life long tool for health and improvement.

“Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself.”

M. Feldenkrais