

Never experienced the Feldenkrais Method before? No worries . . . Here is all you need to know to get started!



- Send us an email at Feldenkrais@integrationforall.com at least 3 days prior to your first lesson, to let us know you will be attending. This allows the instructor to plan a lesson that is suitable for a person attending for the first time.

- If you have any physical limitations (e.g., "you cannot lie on your right side.") or, if you have chronic areas of pain or tension, please let us know that as well, when you email us.



- Be prepared to lie on a **carpeted floor or padded surface.**

- **Wear loose, comfortable clothing** (preferably no belts or watches).



- **Have a small, flat pillow** (not a bed pillow) nearby.

We look forward to you joining us!