

## Guidelines for doing the Feldenkrais exercises

1. **Do only what is easy:** Make each movement easy and comfortable. Do not strain or stretch. Doing only what is easy will help your ability to pay attention to the quality of your movements.
2. **Make each movement small:** Small movements done easily enable your body to improve more effectively. Large movements done effort-fully reduce your ability to sense yourself, improve and heal.
3. **Go slowly:** This will give you time to sense and feel what you are doing so that you can easily detect and reduce unnecessary effort and strain.
4. **Pause between each movement:** These exercises are most effective when you pause and relax for a moment after each movement, allowing time for your brain to absorb new and useful sensory information.
5. **Reduce unnecessary effort:** Small, slow, and easy movements allow you to detect the unnecessary effort in your body. With less effort your movements will spontaneously improve.
6. **Do not try:** Trying to your “best” will hinder your improvement. When you try you are more likely to use more effort than is necessary.
7. **Take rests:** Fatigue causes unnecessary and inefficient effort in your movements and interferes with your ability to heal and improve. During the lesson any time you feel you need a rest, simply pause until ready to continue.
8. **Avoid pain and discomfort:** During these exercises you should never feel pain or discomfort. Only do what feels easy and comfortable. If you do experience pain or discomfort, do even less and make the movements smaller and slower. You can even do them in your imagination.
9. **Use your kinesthetic imagination:** When you visualize doing a movement, your brain sends essentially the same message to your muscles as when you are actually moving. To use your imagination, close your eyes and imagine doing the movements comfortably and with as much kinesthetic detail as you can.
10. **Continue your progress:** By doing these exercises frequently you will experience a steady improvement. You can periodically recall the movements of a recent lesson, including your feelings and sensations to maximize the benefits.