



# Unfolding

Expand body movement ▶ improve thinking ▶ enjoy life more

## Who can benefit

adults of all ages, all levels of fitness or unfitness, all body types, beginners and continuing students

Gentle safe exercises, developed by the remarkable Moshe Feldenkrais from the 1950s and now taught internationally by recognised and accredited practitioners help anyone who wants to move more capably, feel better about their body, or develop their body mind connection. It can help those

- with back, neck, head or jaw pain
- with problems due to artificial hips and knees
- with fused spines and arthritic conditions
- who sit for long periods such as computer users and equipment operators
- who need to be fit and aware including athletes, soldiers and surgeons
- who perform at all levels

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Welcome to my Feldenkrais movement classes. For safety, comfort and maximum benefit please follow these guidelines:

### Go easy.

I will say this many times during lessons because it's important. To get maximum improvement from the lessons your aim should be to learn to reduce effort and discover the easier, more efficient way to do the movement. And if you go easily, gently and slowly, always doing less than your maximum, then you won't cause yourself any injury or strain.

### If it hurts, don't do it.

If a movement causes pain or discomfort then STOP. Pause a moment and then, if you feel comfortable to do so, try again but this time make it smaller, slower, gentler, or try it in a slightly different way. If there is still pain / discomfort then leave it and have a rest. Do the movement in your imagination if you like.

### Get into a comfortable position.

During lessons I specify particular positions but I also ask you to adapt the position to suit your own comfort.

### Rest as often as you need to.

### Listen, look, feel inside.

Pay attention to your own sensations. This will have at least 2 benefits: firstly you will avoid hurting yourself and secondly you will develop more skill in your posture and movement.

### Existing injuries and conditions.

Move in such a way that you take care of yourself in regard to any existing problems. You know what you can do or what may aggravate any conditions so please respect yourself accordingly. In this way you will avoid worsening an existing problem and you may even find the problem lessens as you practise moving in harmony with yourself.

### Not sure what to do?

You can always check with me, however it's worthwhile just having a guess, going ahead and trying something. It all helps the learning about yourself. I will be watching you closely anyway and will make suggestions if I notice you're getting too far off the track or have misunderstood my instruction.

### And lastly but most importantly

### Please enjoy yourself.

The best way to learn and improve is by having fun.

To sign up up for the email newsletter and announcements of new workshops and classes, goto the website [www.ralphhadden.com](http://www.ralphhadden.com). New website coming by May  
All class activities are available for in-house delivery and one on one training.  
MP3 recordings of all lessons are provided free to students.

A certified Feldenkrais practitioner (CFP) and a member of the Australian Feldenkrais Guild Inc, Ralph brings 38 years of knowledge and experience to classes, workshops and individual consultation



The Moving Mind  
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