



Faye Berton MA,

came to the Feldenkrais Method® through chronic headaches and a shoulder injury that resisted healing. Her intensive personal work

with the Method started in 1985 and she received her certification in 1996. She is also certified in Bones for Life®, a specialized application of the Feldenkrais Method developed by Senior Feldenkrais Trainer Ruthy Alon.

To her work with the Feldenkrais Method Faye brings 25 years of experience in teaching yoga and extensive experience working with chronic pain, including two years at the Riverside Medical Center Chronic Pain Clinic. She is a graduate of the Ayurvedic Studies Program with Dr. Vasant Lad and has the highest level certification with Yoga Alliance.

Much of her training has been with world masters in somatic disciplines and yoga including Marjorie Barstow, Else Middendorf, Charlotte Selver, Emile Conrad, Swami Nijananda and Swami Veda Bharati.

Faye has taught in private practice since 1989. She founded the Laurel Yoga Studio and a yoga/somatic discipline retreat center in Mexico.

For more information or to schedule a session, contact Faye:

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Sessions are held at:

**Laurel Yoga Studio
www.laurelyogastudio.com**

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Dr. Moshe Feldenkrais

The *Feldenkrais Method*® is the legacy of Dr. Moshe Feldenkrais, an Israeli physicist, engineer and Europe's first black belt in judo. He developed the method out of an unwillingness to accept his doctor's recommendation for knee surgery. The Feldenkrais Method is taught in two forms:

- ☼ Private hands-on sessions called Functional Integration (FI)
- ☼ Group classes in guided movements called Awareness Through Movement (ATM).

Whole-Body Learning

Central to Feldenkrais thinking is that a problem in a specific area of the body resolves more quickly when approached from the perspective of the whole person. A problem addressed in this way not only helps resolve the specific problem but creates whole-body improvements. As a result, it is common to have spontaneous resolution of seemingly unrelated problems. Our body is a living system in which everything is interrelated. By engaging the body intelligence that underlies our every activity we are tapping into our innate power to heal and accessing our full potential.

Feldenkrais Perspectives

- ☼ What are described as inevitable pain and problems of aging, Dr. Feldenkrais says are a predictable result of years of poor physical habits. The good thing is, these habits can be significantly changed at any age.
- ☼ To the notion that we must work hard to learn or refine a skill, Feldenkrais says we need to work smarter, not harder. Small, discreet movements and reduced effort coupled with awareness are more effective in creating the changes we want.
- ☼ To resolve pain or improve an activity Feldenkrais says we need to know what we are doing that contributes to our pain or limitation. We can then learn to do things differently and access new potential.

*For more information visit
www.feldenkrais.com*

The Feldenkrais Method®

Functional Integration® with Faye Berton



Feldenkrais Functional Integration® helps you achieve a pain-free and reliable body



What is Functional Integration?



Become better at what you love to do.



Functional Integration or FI uses hands-on and verbal instruction to facilitate change toward greater well-being. It does this by engaging the plasticity of the nervous system. Instead of massaging, stretching or strengthening specific muscles, neuro-motor learning uses discreet movements as new information for the nervous system to create better body organization. This process awakens the whole body to its maximum effectiveness and efficiency. FI also simply feels good.

A Feldenkrais practitioner is trained to see the unique patterns in a person's habitual body use and help them awaken new, more effective patterns. At some point during an FI session students learn specific movements to explore on their own for reinforcing the benefit of the FI session. These movements also increase their self-awareness, refine the quality of their movement and help them develop the confidence necessary to achieve their goals.

What is the Feldenkrais Method®?

The Feldenkrais Method is a neuro-motor learning process developed by Dr. Moshe Feldenkrais. It helps people become pain-free, increase their mastery in sports and performing arts, and develop the self-awareness necessary for success in any area of life. While academic learning cultivates the intellect, neuro-motor learning cultivates

"We do not achieve by repetition, muscle exercising, or by increasing speed and force, but by widening and refining the cerebral control of the muscle range."

— Moshe Feldenkrais, D.Sc.,
The Potent Self

sensory and kinesthetic acuity. It gives people access to their full potential. It is a means of becoming aware of unconscious habits that are limiting or pain producing, and learning how to create new and healthy ones. Dr. Feldenkrais describes this learning process as: 1) making possible those things that seem impossible, 2) making easy those things which are possible, 3) making elegant those things which are easy. These improvements happen through awareness coupled with gentle, novel movements. While the Method is remarkably successful as a therapeutic process, its potency is as a creative learning process that gives us access to our capacity for healing and transformation.

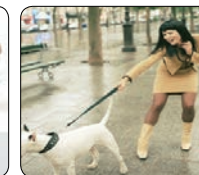
Endorsements for the Feldenkrais Method

"I have been intrigued by this subtle form of retraining the nervous system, which I recommend to patients whose movement has been restricted by injury, cerebral palsy, stroke, fibromyalgia or chronic pain. I find it to be much more useful than standard physical therapy. I also believe that the Feldenkrais Method can help older people achieve greater range of motion and flexibility and help all of us feel more comfortable in our bodies."

— Andrew Weil, M.D., Author

"This is the most sophisticated and effective method I have seen for the prevention and reversal of deterioration of function. We're condemning millions of people to a deteriorated old age that's not necessary."

— Margaret Mead, Ph.D., Anthropologist



Enjoy greater energy, efficiency, ease and pleasure in life's daily activities.

The Benefits of Feldenkrais

The Feldenkrais Method is a highly effective and self-empowering process for:

- ☼ challenging the notion of "age-related" limitations
- ☼ reducing pain and chronic discomfort
- ☼ achieving maximum function with neurological disorders
- ☼ improving posture, balance and flexibility
- ☼ supporting life changes
- ☼ getting in touch with your body and developing confidence
- ☼ recovering from and preventing repetitive stress problems
- ☼ healing more quickly from illness and injuries
- ☼ refining that which you love to do, *i.e.*, dancing, yoga, performing
- ☼ removing blocks to full creative self-expression
- ☼ developing coordination and energy-conserving body use

Find relief from chronic pain or help your body heal more quickly from injuries.

