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# Awareness Heals: The Feldenkrais Method For Dynamic Health

*Stephen Shafarman*

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**Awareness Heals: The Feldenkrais Method For Dynamic Health** Stephen Shafarman
The Feldendrais Method is a revolutionary approach to health and fitness. Using what Dr. Moshe Feldenkrais called ”Awareness Through Movement,” people of any age or condition can learn to move more comfortably and effectively. In pleasant yet powerful ways, his method reawakens the natural process by which we as babies learned to crawl, walk, and talk. In the U.S. and Canada more than one thousand guild-certified practitioners teach the Feldenkrais Method.*Awareness Heals* is the first book to present the full benefits of the Feldenkrais Method in clear language. It details six basic lessons which help you to become more aware of how you breathe, sit, walk, and otherwise move. By sensing these natural actions, you grow more skillful and supple in all your movements. Through the Feldenkrais Method, you can learn to relieve pain, enhance flexibility, and recover from physical or emotional stress.The gentle movements in Awareness Heals are designed for practice at home and work, and even in your car. They fit into any program of fitness, exercise, or therapy. Most important, Feldenkrais lessons demonstrate that such problems as stiffness and stress do not require outside intervention—the remedy lies within each of us.

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