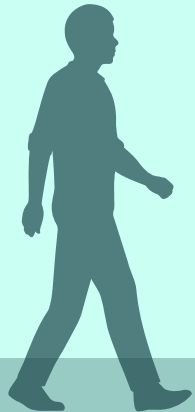


The ABC's

for a

Better Balanced, Pain-Free Walk



Bonnie Kissam, M.A., *Feldenkrais Practitioner*®

Alignment

Balance

Coordination

Do you...



Fear Falling?

Lose your Balance?

Is it time to regain Better Balance?





When you walk, do you...

...have a neck that restricts
your ability to look up-down
or right-left?

...have pain in your feet, knees
or back when moving?

Are you ready to reclaim that youthful, pain-free walk?



ID 155546350 © Martinmark | Dreamstime.com

It's as E-A-S-Y as ABC

ALIGN
ATTEND

BALANCE
BEND

COORDINATE
CALIBRATE



Do you know the best form
of exercise recommended by
doctors?

It's Walking!

Walking supports...

- Cardiovascular health
- Diabetic or pre-diabetic conditions
- Mental stability!



However...

Life Happens

- Accident/Injury
- Surgery/Illness
- Stress
- Aging/‘bad’ habits



Which can leave you with...

- Aches and pains
- Balance and posture “problems”
- Loss of natural agility
- Inefficient habits



This

you from
having a better
balanced, pain-
free walk.

STOPS



You can
Redesign
Your walk...

*Achy
Breaky*



*Easy
Breezy*



It's your time to Re-Learn



Meet a pioneer of Neuroplasticity

Moshe Feldenkrais, D.Sc. and his Method[®] utilize the potential for the brain to change through movement.

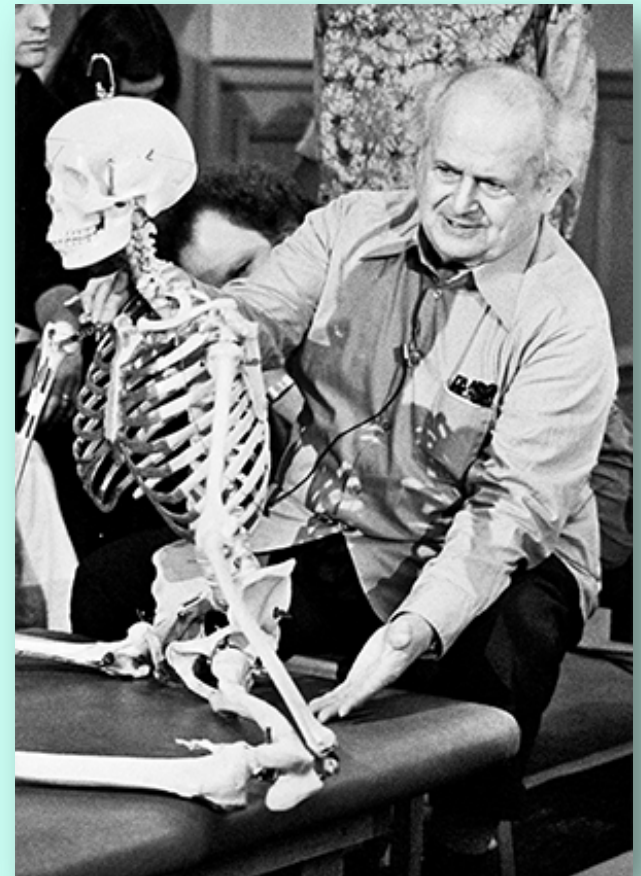


Photography by Rosalie O'Connor

www.rosalieoconnor.com

Moshe Feldenkrais, D.S.C. asked unique questions:

- How did you develop your patterns?
- How can you *unlearn* them?



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Think about it,

as a child, through self discovery,
you learned how to...

roll



kneel
&



balance

sit



Then you learned to...

A photograph of a baby with light hair and a white diaper crawling on a light-colored wooden floor. The baby is looking towards the left with a smile. In the background, a person is visible sitting on a couch.

shift
weight

A photograph of a toddler in an orange hoodie and blue denim overalls pulling themselves up against the trunk of a tree. The child is standing on grass and looking towards the camera.

pull to
stand

A photograph of a young girl with dark hair in a ponytail, wearing a bright pink jacket and colorful pants, walking through a field of tall grass. She is looking down at something in her hands.

walk

As a Child you Learned..

...the ABCs necessary to reach, sit and stand.

You developed new patterns...one action at a time!



You can Re-Learn in the same way

Through sensing without a goal, you can re-develop new patterns at any age...one step at a time!



Re-experience the ABCs for Walking

ALIGN
ATTEND

BALANCE
BEND

COORDINATE
CALIBRATE

*You did it once before.
You can do it again!*



Alignment with Action

- Allow your skeleton to be your support
- Attend to muscular tension
- Alignment will naturally follow balanced muscular tone

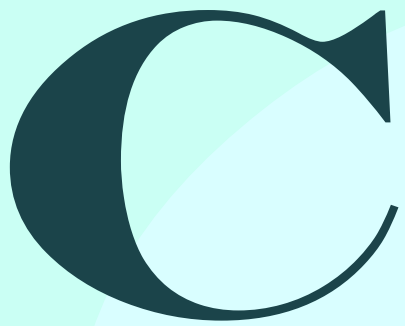


B

Balance with Bending

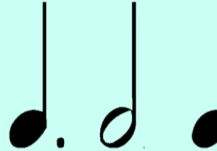
- Mobilize your rib area
- Expand breathing
- Discover easy weight shifting





Coordination with Calibration



- Connect your shoulders, hips, legs and arms
- Ease it
- Breeze it 
- Find your beat

So, how do you fine tune
your ABCs?



Spoiler...it's not
by walking!

Instead – You learn to listen from
the *inside*!

Sense and Learn

- Lie down on the floor or sit in a chair to take yourself away from gravity
- Turn your attention to
 - the weight of your pelvis supported by the floor or chair
 - the contact of your feet on the floor
- Notice what you you are presently experiencing!



Bring thinking and sensing into action

- Attend to your whole self, mind and body, while moving.
- Notice what moves when you inhale or exhale.
- Notice your thoughts as you flex an ankle or roll into a sitting position



“Learning is being able to discern differences.” Moshe Feldenkrais, D.Sc.

Relearn HOW to learn

- Notice habitual patterns
- PAUSE: quiet yourself - try new possibilities
- LISTEN: to sensations of weight, effort, and direction
- EXPAND: look for variations



“Learning is being able to do what you know how to do in at least 10 different ways.” Moshe Feldenkrais, D.Sc.

Learn, Experience and Fine Tune your ABCs

ALIGN
ATTEND

BALANCE
BEND

COORDINATE
CALIBRATE



Engage in detail and
create new possibilities



Re-Discover YOU

Be interested every
day in the
connection
between your
thoughts and
movement.





Bonnie Kissam, M.A., Feldenkrais Practitioner®

As a dancer, physical educator and trained massage therapist, I have always been fascinated by how the body works — and how to keep it working! In 1976 I was introduced to the work of body/mind pioneer Moshe Feldenkrais, D. Sc. who promoted the idea that we think, sense, and act all at the same time. I am always excited to introduce his Method to others because Dr. Feldenkrais believed human beings have an enormous capacity to learn and if you are willing to think “skill” and not just “conditioning,” you can enhance your abilities effortlessly — no matter what your age or condition — in a relatively short amount of time. When we can engage our attention as we move, our brains reawaken and receive information clarifying what we are doing. With Awareness new thoughts and abilities emerge. ” Bonnie Kissam, M.A.

Bonnie has two Master Degrees. One is in Physical Education/Dance (1973) with a second one in Exceptional Student Education (2009). She studied with Moshe Feldenkrais, D.Sc. during his last years of teaching in 1980, 1981.

Ready to take action? Engage TODAY in your ABCs.

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