

STANDARD OF PRACTICE FROM IFF'S WEBSITE

IFF

1: The FELDENKRAIS METHOD: What it is and what it does.

2. The FELDENKRAIS METHOD is an approach to working with people which **expands their repertoire of movements**, enhances awareness, improves function, and enables people to express themselves more fully.

5. The Method enables people to include in their functioning, **movements, and parts of the body unconsidered**, forgotten or excluded from their habitual actions or images of actions. By allowing a person to learn how their whole body cooperates in any movement, the FELDENKRAIS METHOD assists people to live their lives more fully, efficiently, and comfortably.

11. AWARENESS THROUGH MOVEMENT lessons attempt to make one aware of their **habitual neuromuscular patterns and rigidities** and to expand options for new ways of moving while increasing sensitivity and improving efficiency.

13. FUNCTIONAL INTEGRATION is the other form of expressing the Feldenkrais Method. Just as FELDENKRAIS METHOD practitioners can guide people through movement sequences verbally in AWARENESS THROUGH MOVEMENT, **they also guide people through movement with gentle, non-invasive touching in FUNCTIONAL INTEGRATION.**

14. FUNCTIONAL INTEGRATION is a hands-on form of tactile, kinesthetic communication. The FELDENKRAIS METHOD practitioner communicates to the student **how he/she organizes his/her body** and hints, through gentle touching and movement, how to move in more expanded functional motor patterns.

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CLASSICAL FELDENKRAIS

1: The FELDENKRAIS METHOD: What it is and what it does.

2. The FELDENKRAIS METHOD is an approach to working with people which **expands their repertoire of ACTIONS**, enhances awareness, improves function, and enables people to express themselves more fully.

5. The Method enables people to include in their functioning **parts of themselves** unconsidered or excluded from their habitual actions or images of actions. By allowing a person to learn how their whole self cooperates in any action, the FELDENKRAIS METHOD assists people to live their lives more fully, efficiently, and comfortably.

11: AWARENESS THROUGH MOVEMENT lessons attempt to make one aware of the **habitual acture** and to expand options for new ways of acting while increasing control and improving efficiency.

13: **FUNCTIONAL INTEGRATION is the other form of expressing the Feldenkrais Method guiding people with sensory motor cues using a gentle, non-invasive informative touch.**

14. FUNCTIONAL INTEGRATION is a hands-on form of tactile, kinesthetic communication. The FELDENKRAIS METHOD practitioner communicates to the student **how he/she organizes him/herself** and hints, with gentle sensory motoric information through touching how to move and act in a more efficient way.

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16. In FUNCTIONAL INTEGRATION, the practitioner/teacher develops a lesson for the student, custom-tailored to the unique configuration of that particular person, at that particular moment. **The practitioner conveys the experience of comfort, pleasure, and ease of movement while the student learns how to reorganize his/her body and behavior in new and more effective manners.**

18. FUNCTIONAL INTEGRATION is usually performed with the student lying on a table designed specifically for the work. It can also be done with the student in sitting or standing positions. **At times, various props are used in an effort to support the person's body configuration or to facilitate certain movements.**

Section 3: What a FELDENKRAIS METHOD practitioner knows, understands, and does in practicing the FELDENKRAIS METHOD

2. Is sensitive to the interdependency of **acting, sensing, thinking, and feeling** that constitute human activity, and recognizes that changes in movement influence all these factors.

15. Determines what **movement patterns** a person needs to learn in order to learn a function.

Section 4: Organizing Processes of the FELDENKRAIS METHOD

7. How can I perceive what is missing or unattended in the student's self-image as it is revealed in **his/her body?**

16 In FUNCTIONAL INTEGRATION, the practitioner/teacher develops a lesson with the student, custom-tailored to the unique configuration of that particular person, at that particular moment. **The practitioner conveys the experience of acceptance, comfort, pleasure, and ease while the student learns how to reorganize him/herself in relation to gravity.**

18. FUNCTIONAL INTEGRATION is usually performed with the student lying on a table designed specifically for the work. It can also be done with the student in sitting or standing positions. **At times, various props are used in an effort to support the person's configuration or to facilitate action.**

Section 3: What a FELDENKRAIS METHOD practitioner knows, understands, and does in practicing the FELDENKRAIS METHOD

2: Is sensitive to the interdependency of **moving, sensing, thinking, and feeling** that constitute human activity, and recognizes that changes in one influence all the other components.

15: Determines what **sensory motoric patterns** a person needs to understand in order to learn more about the elements of function.

Section 4: Organizing Processes of the FELDENKRAIS METHOD

7. How can I perceive what is missing or unattended in the student's self-image as it is revealed in **his/her gestalt?**