



## FELDENKRAIS LESSONS IN ENGLISH VIA ZOOM

### AUTUMN THEME: THE THIRD WAY

#### FELDENKRAIS TEACHER EVA LASER (TEACHING SINCE 1991)

<https://somatik.se/english/about-eva-laser>

#### GENERAL ABOUT CLASSICAL FELDENKRAIS

You will explore the most fundamental aspect of being human, namely how your entire self acts within the gravitational field. You are encouraged to, drawing on your unconscious potential, refine the questions you have or need to formulate.

Classical Feldenkrais does not involve a corrective approach to what is right or wrong, and there are no performance requirements during the lesson. On the contrary, there is an opportunity to become aware of and practice alternative ways of acting.

In Feldenkrais, both beginners and experienced students participate together. Each lesson is unique and adapted to the participants' needs. It usually takes time before the practice becomes simple and natural. It is a highly personal process, since every person is unique. It is important to give yourself the time you need.

The instruction is intended for personal development, and medical issues are addressed only in general terms.

[www.somatik.se](http://www.somatik.se) [www.svenskaatmpodden.se](http://www.svenskaatmpodden.se) [www.yochananrywerant.com](http://www.yochananrywerant.com)

#### WHEN?

**Tuesday 9.00–10.00 CET** (Central European Time, Stockholm)

The Zoom room opens at 8.45

#### START AND END OF TERM

Teaching begins on September 2 and continues until December. Any pauses in the schedule will be announced as they arise.

#### DISCLAIMER

The group will be canceled if fewer than four participants register.

#### Fee

**225 SEK/lesson**, including 25% VAT

The amount is approximately €20 (depending on the exchange rate).

#### PAYMENT

The payment method depends on the country you live in. I will provide the exact details directly to each participant. I no longer use PayPal.

*You only pay if you participate.*

#### REGISTRATION AND BOOKING

Pre-registration no later than the day before the lesson, unless you have a personal agreement.

[kontakt@somatik.se](mailto:kontakt@somatik.se) or WhatsApp +46 70 655 04 70

#### JOINING THE ZOOM ROOM

is done via *personal login with meeting ID and code*.

Meeting ID & code are sent via email upon registration. There is time for small talk during the half hour before the lesson. Join the lesson in good time. We start punctually.

## **VISIBLE OR HIDDEN?**

You can join without video and just listen to the instructions – the drawback is that you won't get personal guidance, the benefit is your privacy. Guidance is anonymous and indirect – you are never pointed out. Participants' microphones are muted during the ATM part.

## **OPENING OF THE LESSON**

Each lesson begins with a short Q&A session and reflections from the participants. We have a conversation about the theme or other relevant topics. Effective lesson time is about 45 – 50 minutes.

## **DEBRIEF OF THE LESSON**

After the lesson, it is possible to stay in the Zoom room for comments and discussion after the lesson. This is not part of the actual lesson. Some students seek privacy after the lesson. Others appreciate sharing & hearing from other participants about insights and being able to ask clarifying questions. Each according to their needs.

## **RECORDINGS**

The lessons are recorded, and the audio recording is published in <https://bit.ly/EvasEnglishATMs> During the lesson itself, participants are muted.

## **CLOTHES & MAT**

Wear comfortable and soft clothes. Prepare a comfortable, warm space on the floor. Have books, or a support plate for the head in a side position if needed. Have the supports you need ready for your comfort.

## **RESPONSIBILITY**

ATM lessons are intended for personal development and are not meant to replace professional help or medical treatment. The lessons are undertaken at your own risk, and Eva Laser cannot be held responsible for any discomfort or injuries that may occur.

## **READ AND INFORM YOURSELF ABOUT WHAT IS UNIQUE TO FELDENKRAIS**

### **DEPENDING ON THIS YEAR'S THEME, THE THIRD WAY, THE TEN GUIDELINES ARE ARRANGED TO REFLECT IT**

***Hafshata** is not abstraction, but withdrawal of what is unnecessary so that form can be perceived:*

- Do the movements slowly
- Do a little less than you are able
- It is easier to sense differences when the effort is small
- Do not force yourself to be efficient
- Learning and life are not the same

***Milulit** is not interpretation, but literal articulation of action:*

- Complete light, simple movements
- Alternate between detail and whole and relate to the space
- Search for the pleasant experience
- Do not try to do the practice well, neatly, and correctly.
- Do not say at the beginning what the final goal should be