

## Testimonials

“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*<sup>®</sup> 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 of Spontaneous Healing and Natural Health, Natural Medicine

---

“As an aging ex-jock, nursing bad knees and shoulders, *Functional Integration*<sup>®</sup> and *Awareness Through Movement*<sup>®</sup> work helps me develop insight into how my body operates and how it compensates for old injuries. With a more solid understanding of “what is,” I can start to make intelligent choices about how I want to move, sit, stand, and just function.”

-Kevin Paxton President of Preston Technology, Inc.

---

“I was having constant pain in my hand, wrist, and arm. After six months of *Functional Integration* lessons and doing the assigned exercises, the pain in my hand occurred only infrequently. The process of change through awareness is something you have to experience to believe.”

-Erica C. Christ, writer and bartender

---

“As a violinist, the work has not only sped my recovery from injury, but greatly enhanced my sense of physical integrity, ease and grace—even with an activity as “unnatural” as playing the violin!”

-Ingrid Matthews, performs on Baroque and classical violin and is the Music Director of the Seattle Baroque Orchestra

---

“I had suffered with chronic shoulder and arm pain that had developed into severe numbness and tingling. Nothing I did brought me any long-term relief until I started with *Feldenkrais*<sup>®</sup>. Through a series of *Feldenkrais* lessons, the chronic pain, numbness, and tingling resolved. More importantly, I learned how to manage and maintain my body to avoid these problems in the future.”

-Ruth Nielsen, Attorney at Law, Nielsen Law Office Inc.

---

“After years of back problems, the *Feldenkrais Method* has given me the ability to remain free of pain. They are by far the most effective and pleasurable exercises I have ever done.”

-Joseph Batkin, M.A.

---

“About two years ago, I tripped over a raised bit of sidewalk that had up heaved from a tree root. The jolt caused a disk in my back to herniate, resulting in a tremendous amount of pain and reduced mobility. I eventually had an MRI. The diagnosis was clear; I would have to have surgery. Not wanting to do that, I found out about the *Feldenkrais Method* and decided to give it a try. I completed 15 *Functional Integration* sessions, and was amazed to go from facing back surgery to being pain free.”

-Shirley Beielor Orthodontic Laboratory Technician/Manager, *Feldenkrais* practitioner trainee

---

“The *Feldenkrais Method* has allowed me to play pain free golf, without worrying about injury.”

-Duffy Waldorf, PGA Tour Golfer

---

“The *Feldenkrais Method* is the most sophisticated and effective method I have seen for the prevention and reversal of deterioration and function.”

-Margaret Mead, Ph.D., Anthropologist

---