This class will be a series of Awareness Through Movement lessons, also called ATMs, from the **Feldenkrais Method**. They are verbally guided lessons that one can do in a group or alone. They are designed to help the student gain more personal awareness of oneself in relation to movement.

**Artists are great candidates** for this method for many reasons. For one, the Feldenkrais Method is about “freeing up” people’s ability to express themselves. We think of it as integrating “feeling” or “spirit” or “emotion” with our primary vehicles for self-expression: our muscles and bones!! It is also about working with people around the issues of the acquisition of skill, efficiency, simplicity and other improvements in movement and ability. So therefore the method is of particular interest to artists of any genre in that it embraces ways of finding greater ease, comfort and skill -- even in complex and rapid movements.