

Pif conducts Feldenkrais workshops throughout the year at their Sheung Wan Studio, and occasionally on Cheung Chau Island. "What I'm after isn't flexible bodies but flexible brains. What I'm after is to restore each person to one's human dignity." Moshe Feldenkrais The Feldenkrais Method offers a unique and practical way to realize our potential more fully. It is an educational method focusing on learning and movement, which can bring about improved movement and enhanced functioning. It is named after its originator, Moshe Feldenkrais (1904-1984), an engineer and physicist as well as a Judo master.

What are the benefits? - Increased sense of relaxation and well-being - Ability to breathe more easily and fully - Improved feeling of co-ordination and vitality - More effective and satisfying performance, from sports to the arts

How is it taught? Through what Feldenkrais called Awareness Through Movement (ATM) classes. These consist of gentle, verbally guided exercises, using unique movement sequences to address specific areas, joints and muscle groups in the body, and all aspects of human functioning. They are easy-to-do, pleasurable and engage the inherent intelligence of our nervous system to create the conditions for successful learning. Awareness Through Movement classes are of benefit to everyone and the results can be extraordinary. You learn at your own rate, organically, by following your sensations of comfort and ease. The classes will be taught by Sean Curran and Bonni Chan the Artistic Directors of the Company. Both of them are professionally trained Feldenkrais practitioners having studied with Myriam Pfeffer (the assistant of Moshe Feldenkrais) for 4 years. If you are interested in our Feldenkrais workshops, please contact soon to reserve a place by e-mail: [thtdupif@netvigator.com](mailto:thtdupif@netvigator.com)