



IMPROVING THE ABILITY

FELDENKRAIS LESSONS IN ENGLISH VIA ZOOM

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, based on your unconscious potential, improve the questions you have or need to formulate.

Classical Feldenkrais does not encompass a corrective approach regarding 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 become simple and natural. It is a highly personal and individual process, as 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 only addressed in general terms.

www.somatik.se www.svenskaatmpodden.se www.yochananrywerant.com

WHEN?

MORNING GROUP

Tuesday 9.30 – 10.30 The Zoom room opens at 9.00

THE DAYS OF TEACHING

15/4, 22/4, 29/4, 6/5, 13/5, 20/5

<https://somatik.se/teaching-in-english/practical-information>

DISCLAIMER

The group is canceled if fewer than four participants.

Fee

225 SEK/lesson, including 25% VAT

The amount is approximately €20, see the exchange rate.

PAYMENT

VIA PAYPAL [HTTPS://WWW.PAYPAL.COM/NCP/PAYMENT/KFADAA2Z4GJGU](https://www.paypal.com/ncp/payment/kfadaa2z4gju)

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 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 participate without video and just listen to the instructions – the downside is that you do not get personal guidance, the advantage is your privacy. Guidance is done anonymously and indirectly - you are never singled 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 post-lesson discussion. 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 own 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. Arrange a comfortable warm place on the floor. Have books, or a support plate for the head in a side position if needed. Prepare the supports you need 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 explored 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

- You seek a pleasurable experience.
- You practice slowly.
- You perform simple, easy actions.
- You reduce effort. It is easier to notice differences when the effort is minimal.
- You switch between focusing on details and the whole and relate to the environment.
- You don't try to explore perfectly, nicely, or correctly.
- You don't state the final goal at the beginning.
- You do a little less than you are capable of.
- You don't force yourself to be efficient.

LOOKING AHEAD

If a stable group of students is created, the group will continue during the spring and fall of 2025.