

## TESTIMONIALS ON THE FELDENKRAIS METHOD

**"The Feldenkrais Method® has allowed me to play golf pain free, 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, PhD**

**"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 Beieler Orthodontic Lab Technician/Manager**

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

**Joseph Batkin, MA**

**"I had suffered from chronic shoulder and arm pain that had developed into severe numbness and tingling. Nothing I did brought me any long term relief until started with Feldenkrais®. Through a series of 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 Nielson, Attorney at Law, Nielson Law Office Inc.**

**"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 Director of the Seattle Baroque Orchestra.**

**"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."**

**Eric C Christ, writer and bartender**

"As an aging ex-jock, nursing bad knees and shoulders, Functional Integration® and Awareness Through Movement® 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 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® can help older people achieve greater range of motion and flexibility, and help all of us feel more comfortable in our bodies."

**Andrew Weil, MD, Author of Spontaneous Healing and Natural Health Medicine**