



Feldenkrais®

Awareness Through Movement®

“Movement is Life. Improve the quality of the process and you improve the quality of life itself.” Moshe Feldenkrais

Physical Therapy 180
5909 W. State St. Boise, ID 83703
Phone: 208-343-7700

Tues, January 29, from 4:00 to 5:00

Maximum 7 per class
\$30 per session

A 1964 graduate of Duke University, Ruth Hurst has a successful and diversified career as a Physical Therapist and Guild Certified Feldenkrais® Practitioner. Her over 45 years of practical experience include hands-on and management experience in the military, small community settings as well as a large university hospital. Becoming a Guild Certified Feldenkrais® Practitioner in 1992 she eventually specialized in chronic pain, sensing, feeling, movement and awareness. She is currently studying Integrative Manual Therapy. Her goal today is to help as many people as she can feel better physically and emotionally (to love themselves) as who they are and what they can become.

As Moshe Feldenkrais said -
“Movement is Life”.

ATM is designed create awareness allowing you to move more freely and to stand more comfortably. Ruth will be instructing neck, back, shoulder and hip mobility awareness and movement training.

The *Feldenkrais Method* is an unusual melding of motor development, bio=mechanics, psychology and martial arts. It integrates both body and mind to achieve greater balance and performance through movement. The body is re-educated to improve posture, flexibility, coordination, and self-image, as well as, to alleviate muscular tension and pain.

Awareness Through Movement (ATM) consists of verbally directed, gentle exercise lessons involving sophisticated movement sequence. These Feldenkrais lessons directly engage our natural intelligence in a gentle and pleasurable way. ATM accesses the sensory motor processes of the brain that involve attention, perception, imagination and cognition. Patterns of inefficiency, compromised self-expression, and forgotten ways of feeling can all be improved for greater enjoyment and pleasure in daily living. Ordinary problems associated with the work place or caused by aging are remedied. Persons with orthopedic or neurological problems experience wonderful therapeutic benefits. Meanwhile martial artists, athletes, actors, dancers and musicians substantially improve their performance skills.

Registration Information

Contact Ruth Hurst at fsecretary@comcast.net or (971)570-5144 for more information on Feldenkrais®.
You may register by contacting
PT 180 at 208 343-7700

Please provide your name, mailing address, phone number and e-mail
I reserve the right to cancel any class if three (3) people are not pre-registered.