

feldenkrais

FOR RUNNERS

A WINTER COURSE

over 4 Sunday afternoons NOV-JAN

Victoria Worsley FG(UK)

"If I could afford the time I would have ongoing weekly sessions with Victoria to fully develop what she is teaching my muscles. When it works for me it is so easy and effortless. I would love Victoria to develop more sessions for our running group." Mary Alexander Crouch End Women's Running Network

A STORY

The most extraordinary running and Feldenkrais story I have heard is about a professional american triathlete called Sharon Moyano who was hit on her bicycle by a semi. She had nine operations, broke a huge list of bones and lost 3 muscle groups. She was told she'd be lucky to run again and would certainly never race again. For two years she worked intensely with the Feldenkrais Method, doing both classes and one-to-one hands-on sessions. Two years later she beat her own personal best in a marathon by 20 minutes.

WHAT IS FELDENKRAIS?

Developed by Dr. Moshe Feldenkrais (1904-84), an eminent physicist and Judo master, The Feldenkrais Method® is beginning to find its place as one of the most effective methods in the field of movement and somatic learning. Often described as a neuromuscular re-training, it enables you to re-organise movement deep in the nervous system with the potential to improve your skills at many levels.

The method works by developing your ability to feel what you are doing. How many times has a trainer or a friend had to say to you 'Stop bending forward/swinging you arm across you/letting your knees go inwards' or something like that when you run? and very likely you didn't know you were doing it – or can't do anything about it (for long). Look around at your running mates – each has their own distinctive style - unique - like their handwriting. And these 'habits' we have are often so in-grained we just aren't aware what is involved. Some of these patterns and habits will serve us well and some will not. Some will create the 'natural' running style of Ussain Bolt (Olympic winner 2008). Some won't: they may mean you put strain on joints, have 'heavy' legs, restrict your breathing, make extra work - they may even involve excessive muscular tension that means you heart has to work harder to pump blood through constricted vessels. Based on sound neurological principles, the lessons invite you to try out variations of small movements related to specific patterns of movement (to do with running in this case). The lessons are often done lying or sitting to enable you to feel what you are doing more easily and then integrated into upright movement. The process enables you to develop greater sensory awareness of how all the parts of themselves work together (or don't!), to feel differences in what you are doing and learn new possibilities so you can do what you want more easily, comfortably, pleasurably – 'naturally'.

FELDENKRAIS AND RUNNING

The Feldenkrais Method® is not a running technique as such and is not a strength or endurance training either but can help greatly with both: use it alongside your training to improve your 'form' and help you find a well-co-ordinated running pattern that works well for you without having to remember to 'correct' yourself. It will not give you rules about how to run but will help you become more aware of how you personally move and how you work with gravity and will enable you to develop more possibilities so that you can use the whole of yourself better when you run. However, because it works at the deep levels of the nervous system it will become an integrated pattern and not something you have to 'remember to do'. Useful for everyone in all walks of life, the method encompasses a very sophisticated understanding of how to find efficient ways of organising your whole self to run more efficiently - which means using less effort (so you can run longer) with less chance of injury - and faster as well.

THE COURSE

- It is recommended that you book for the whole course as it is conceived as a series which develops, addressing different aspects of the running pattern each session. Later sessions may be more difficult without the earlier building blocks. (However booking for one, two or three sessions only will still be possible depending on space)
- Time is left in between the sessions for you to work with the lessons you have done and to integrate what you are learning into your running practice.
- If you would like to try out a general Feldenkrais lesson first come and try one of the weekly classes at the YMCA (Mon 1.00-2.15pm drop in) or Haelan Centre (Tues 7.45-9.00pm) call Victoria to book 0771 1088765).
- You may also wish to book a one-to-one hands-on session during the period of the course to address any specific issues you have. Victoria will do a special price of £20 for one session for course participants (usually £35).

WHERE:

Hornsey YMCA Fitness Centre
(Entrance on Elmfield Avenue, Crouch End, N8)

Network (the running groups need a voucher from Sarra, Mary or Victoria when booking)

DATES AND TIMES:

A series of 4 Sunday sessions from 2.30-5pm
November 15th
December 6th
January 17th
January 31st
(possible follow up Feb 28th)

BOOKING is at YMCA from last week
September

020 8340 2345

To reserve a place from now: email me,
Victoria, at v.worsley@virgin.net to go on the
booking list prior to opening in September

COST and BOOKING

Booking for all 4 recommended (see COURSE)
£20 per session non-members
£15 per session for YMCA members, Synergy
Running Groups and Women's Running

INFORMATION

For more information on feldenkrais or victoria
worsley please go to:

www.feldenkraisworks.co.uk

Find me on Face Book at Feldenkrais Works
Call me on 0771 1088765

"I think Feldenkrais has helped by improving my form and loosening up particularly my back and lower body. After some of the lessons I have had my best runs depending what we have done. I notice a big difference between a run after a (for me) particularly useful lesson and after not having done any (feldenkrais) for a while. I am getting faster and I am mainly putting it down to Feldenkrais as I have been running for about a year now and haven't improved at this level before." Silke Bridgeman (Crouch End runner)

**"When you know what you do, you can do what you want" Moshe
Feldenkrais Dsc**