

TESTIMONIALS@YAVINGTON STUDIO

21 OF THE 22 PARTICIPANTS ASKED RATED THEIR EXPERIENCE AS 5 STAR - VERY HELPFUL

The one to one sessions have been of great help with dealing with what I can best describe as residual tension issues that resulted from a collision with a van whilst on my bicycle. They have been eye opening in terms of where I 'hold' myself in safety positions and how I have the potential to move differently and more efficiently. The fact that I am able to relax in these one to one sessions is key; limbs are guided to explore ranges of movement and explore possibilities that psychologically, physically and mentally are impossible to do when having to make the effort myself.

(JH. Post accident attended one to one classes and now comes to weekly classes)

Jane Watson works a minor miracle each time without seeming to do anything much... She relaxes and realigns the body with small gentle movements.

(LW. Post stroke. On-going weekly one to one sessions)

The results are blissful – I now have no problem to go walking for miles, to sit for hours on end, or run.

(BB. Chronic back pain. Sporadic one to one sessions)

I feel Feldenkrais offers chronic pain sufferers (such as those of us who suffer from EDS) one of the safest and most effective methods of self-help to maintain mobility and keep pain at bay.

(SM has EDS. A series of eight one to one sessions, followed by occasional top up sessions)

I initially came for on-going problems with my back and neck and wanting to find something that would complement the regular yoga classes I attend. The sessions have made me so much more aware of how I am moving and using my body and this has prompted me to change old bad habits. Jane is an exceptional teacher, calm and patient and very supportive. Every week I have been able to extend my knowledge and my flexibility. These insightful classes are also held in the tranquil setting of Jane's studio and this beautiful environment is so emotionally supportive too and enhances the benefits of Feldenkrais.

(Back and neck problems. Attends weekly group classes)

Unbelievable experience to come out and find a lot of my aches and pains had gone after the first session. I felt a younger more energetic person free of pain and able to walk more comfortably than I had in years.

(ET. Chronic back-pain. Attended three one to one sessions over a four-week period.)

After years of aggressive physiotherapy and sports massage for a torn muscle (huge over-simplification of problem) I felt totally beaten up mentally and physically and was holding my shoulder rigid like a bird with a broken wing. I could barely lift it to shoulder height. Jane explained that pain and limitation of my movement was coming from both the physical condition I was presenting and the subconscious choices I was making in organising my body (and movements) to cope with it. The Feldenkrais Method helps to change those choices. Has The Feldenkrais Method helped me? A year ago, in class, we were experimenting with a movement I simply could not achieve so I lay back on my mat and imagined myself doing it. A month ago we did the same exercise and I did it without thinking. And more to the point, I can now almost do a full shoulder rotation with my broken wing!

(RD. Attends one to one sessions and weekly classes)

I notice a huge difference in my breathing and singing after a session - very open and tall. Jane helped me to manage pain in my neck and back and to gently ease tensions.

(LM. Singer/musician, one to one sessions and weekly classes)

Relaxing, elongating, stimulating. My movement is more related and loosened. I sleep better.

(JT. Post joint replacement – attended a series of eight one to one sessions)

The classes helped me to notice physical reactions- the classes have increased my physical sensations... more flowing less stuck. I am practising more how to contain strong emotions, without them getting stuck or paralysing.

(Attends weekly classes)