

## YEAR OF MOVING WELL sample

Please enjoy this abbreviated sample of what you will receive during a Year of Moving Well.

There is a recording on the bottom of this page, but you might want to scan ahead.

The pauses between instructions give you time to complete the movements.

- Begin by finding a quiet and comfortable place to sit.

Settle in and draw your attention inward.

- *Now gently interlace your fingers and note which thumb is closest to you.*  
Rest your hands.

- *Repeat the same movement.*

It is likely that the same thumb is nearest because most folks have an habitual way of interlacing their fingers. Rest your hands.

- *This time interlace your fingers the other or “non-habitual” way.*  
The opposite thumb will be nearest to you.

*Uncross them and repeat this variation two or three more times.* Rest your hands.

- *Now alternate the two interlacings three or four times.* Rest your hands.
- *One more time just interlace your fingers in the “non-habitual” way.* Is it easier or does it feel less odd than the first time you did it?

This completes the movement lesson.

## CONTEMPLATIONS

1. What habit or habits might you like to shift?
2. What did you learn from this lesson about changing habits?

One tool we use in the Feldenkrais® Method is variation.

3. How can you introduce variation in a way that might help you change an unwanted habit?

You can refer back to these in the printed material.