

Feldenkrais® Awareness Through Movement® at Corona Plaza Life

Any and each of our classes are interactive, beautifully so.

We begin with some movement exploration, circular movements, heart circles, sensing our balance and very soon each person senses into where her or his body settles, what is needed, how a pattern develops.

"I find the minimal movements during the lessons evoke meaningful learning. I am more aware of that moment when my system is clear and open. I experience an instantaneous felt-sense of curiosity. I can breathe more freely and see that situations are progressing, so I find a more positive view of life. I am more and more aware of my learning as I continue the lessons with Katarina and Thinking in Movement teachers at Corona Plaza Life. I am supported in translating the lessons into a rhythm for myself. Thus I find ways to be conscientious - I find the best place for my energy and endeavours to land each day, each week, and for each project."

— Alfo Humano, Focusing trainer, Cordoba, Argentina

www.alfohumano.com.ar

"These Feldenkrais classes have really helped me get in touch with my body, learn what it needs, how to calm my nervous system, and to ignite my innate energy. Thank you so much for all the presence, attention, and teaching you have done. I really appreciate it."

— Laurie Brill, New Mexico

Everyone in the class has time to experience the uniqueness of each person's movement patterns and expression. Thereby the wholeness of our circle grows.

To join the class, click on
<https://coronaplaza.life/registeruser>

This page will ask you for your first name, last name and email and a password and it will ask you to confirm that you have read the website terms and condition and its privacy policy.

<https://coronaplaza.life/terms-and-conditions/>

<https://coronaplaza.life/privacy-policy/>

References:

Halm, K. (2020). [Feldenkrais® Awareness Through Movement®](https://thinkinginmovement.ca/feldenkrais/) <https://thinkinginmovement.ca/feldenkrais/>

Halm, K. (2013). [Feldenkrais® and Focusing, Complementary Practices](https://thinkinginmovement.ca/feldenkrais-and-focusing/). <https://thinkinginmovement.ca/feldenkrais-and-focusing/>

Halm, K. (2020). [PolyVagal ~ Adapting to social distancing ~ Developing relational intricacies](https://thinkinginmovement.ca/polyvagal/) <https://thinkinginmovement.ca/polyvagal/>