

Daily Improvement Collective

Home

**** [Daily Improvement Collective \(DRAFT Katarina Halm May 17, 2024\)](#)

Our Mission

Helping you to establish a daily mindful movement practice that will enhance your life and actualize your potential.

Daily classes at 10 am Pacific Time, offered 365 days a year!

About the Feldenkrais Method®

What is the Feldenkrais Method® of Somatic Education?

The Feldenkrais Method® of somatic education is a practice, a process, and a system for self-improvement. It is a form of “somatic education,” which means it uses movement and real-time awareness of your own body sensations to guide you toward the positive changes you seek.

The Feldenkrais Method® is not a treatment, adjustment, or exercise program. Instead, it is based on decades of research in physics, neuroscience, biomechanics, learning theory, and human development to give you the means to help yourself.

What can the Feldenkrais Method® do for me?

The Feldenkrais Method® of somatic education offers a wide range of benefits, as diverse as the individuals who explore the Method. We hope you will find yourself in some of the articles on this website, and can get an idea of how others like you have experienced: whether you are seeking pain relief, dealing with conditions of the central nervous system (multiple sclerosis, cerebral palsy, stroke), or extending your abilities, improving skill, and enhancing creativity.

How does the Feldenkrais Method® work?

Your own body awareness and attention stimulates the brain to create new neural pathways that enable optimal movement patterns and function. This brain activity is called “neuroplasticity.” Neuroplasticity is what allows all learning to take place. As you learn better ways to move, you experience improvements in balance, breathing, coordination, flexibility, cognition, and outlook.

Where does the name come from?

The Feldenkrais Method® was developed over 40 years of research by Dr. Moshe Feldenkrais. He was a scientist and an athlete, as well as one of the first Europeans to earn a black belt in Judo. He applied his rigorous scientific approach to the study of movement in order to explore how we learn and how to improve our lives.

How is the Feldenkrais Method® different from Yoga?

Unlike yoga, the Feldenkrais Method® does not require you to be flexible, nor does it involve stretching or holding any positions. It also does not involve any practice to perfect positions. Instead of repeating and holding set poses as in yoga, in a Feldenkrais® class you explore gentle and innovative movements as you learn to become aware of habits that may be causing you movement difficulties, inefficiencies, or pain. Many yoga devotees explore the Feldenkrais Method as a way to achieve postures that previously eluded them or that caused discomfort.

Daily Class

We meet daily online via Zoom at 10 am Pacific Time in San Francisco, California. Please use the time zone converter below to find out when we meet in your area:

<https://www.timeanddate.com/worldclock/converter.html>

Enjoy a few complimentary lessons before you sign up!

The lessons gradually evolve into movements of greater range and complexity. Each lesson may also invite you to explore breathing, thinking, sensing and imagining with your moving. Dressed in ordinary, comfortable clothing, you begin by lying on a mat on the floor. Throughout, the work is done below the level of sensations of stretch or strain, and you pace yourself, so the lessons are safe and effective for people of a wide range of abilities.

Recordings:

Lessons are recorded and available for streaming later.

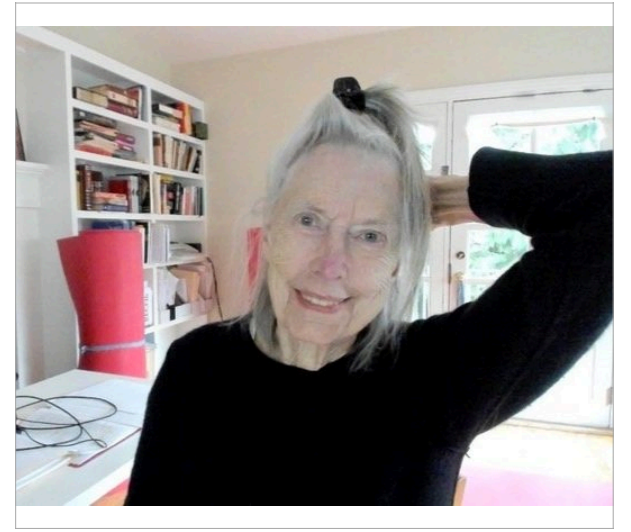
Daily Improvement Teachers

composite photo TBA ...

Norma LEISTIKO

GCFP

Portland, Oregon (USA)



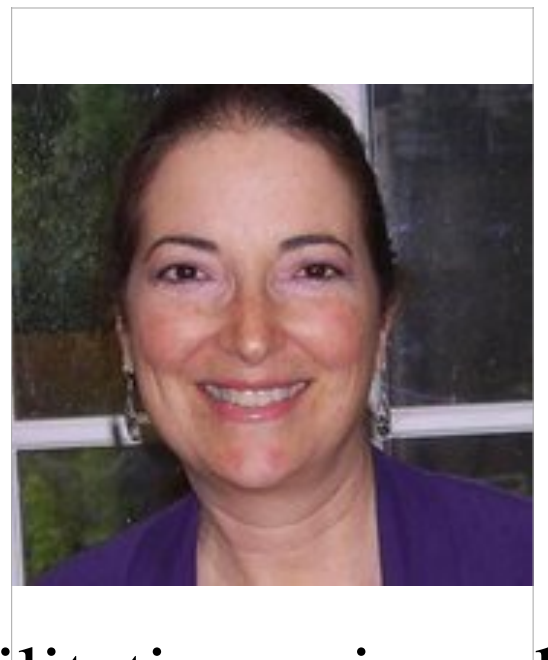
“I was introduced to science by an extraordinary ballet teacher and anthropologist who brought to class an uncooked chicken to show us how joints of animals worked. I studied and taught with an extraordinary choreographer, Anna Halprin. I joined Moshe Feldenkrais’ training program conducted in San Francisco 1975-1977.”

normaleistiko@icloud.com

Marci SPIEGLER

M.S., GCFP

Los Angeles, California (USA)



The Feldenkrais Method helped Marci recover from debilitating pain and restricted movement, while teaching college-level Biology. She initially trained to understand how it works. Soon she was sharing, in-person and online, her passion for helping people of many ages, abilities, and backgrounds.

marci13131@gmail.com

Margot SCHAAL

GCFP, Assistant Trainer of The Feldenkrais Method®,
Qigong Teacher, Reiki Master, B.F.A
New York City (USA)



Margot is a mover—helping clients in Rwanda, California, NYC and on zoom access their creativity, spontaneity and health. They have learned new ways to address chronic pain, injuries, accidents, anxiety, nervous system disorders, stroke, trauma, problems from cancer and surgery; and to increase flexibility, balance, physical performance, and joy.

www.MargotSchaal.com

margot@margotschaal.com

Jayne LEE



GCFP

Flagstaff, Arizona (USA) and London (UK)

Born in Wales. Trained as a dancer in London and New York. Jayne became a Feldenkrais practitioner in 1997. Jayne is a Grand Canyon River Guide working on the Colorado river in the summers. She teaches Tai Chi Chuan and Argentine tango and runs a movement studio and collaborative performance group Human Nature Dance Theatre in Flagstaff AZ. She has been a practitioner assistant on London trainings and has a private practice offering group and individual Feldenkrais lessons.

jayne@humannture.ws

Kwan WONG

GCFP

San Francisco Bay Area, California (USA)

Kwan is the organizer of this group. He is passionate about helping students to establish a regular practice, using the Feldenkrais Method to explore the mind-body connection and as a self-improvement tool, transforming both physical and mental limitations to lead a more fulfilling life.

dailyimprovement.org@gmail.com

Rob BLACK

MSc, GCFP

Calgary, Alberta (CANADA)

Rob Black has maintained a private practice since graduating from a Feldenkrais Training in 1991. Rob's background includes study in psychology, computer programming and statistics, leading to a Masters in Educational Measurement, followed by post-graduate training in biofeedback. Rob is past-President of FGNA and has contributed significantly to the International Feldenkrais Federation. <https://somaticjourneys.com>

rblack@somaticjourneys.com



Myriam AUDIN

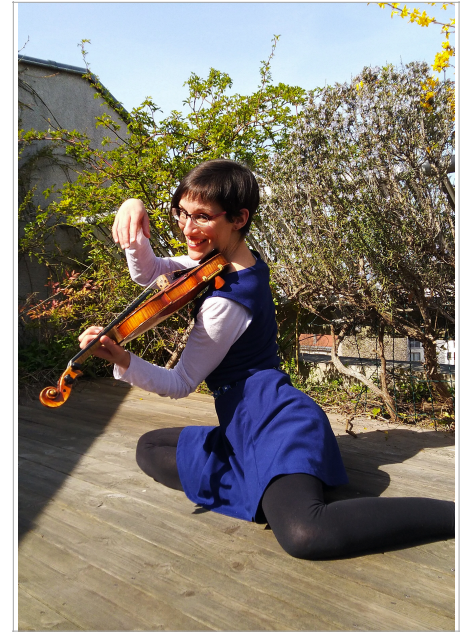
GCFP

Paris (FRANCE)

Violinist and Feldenkrais practitioner, Myriam is especially interested in the fluidity of movement in every action of life. Convinced of everyone's potential, she is committed to making others discover a sense of comfort and lightness in their movements. She helps them recognize their habits and make them evolve for greater ease.

<https://www.imagine-feldenkrais.com/t-en>

imagine.feldenkrais@gmail.com



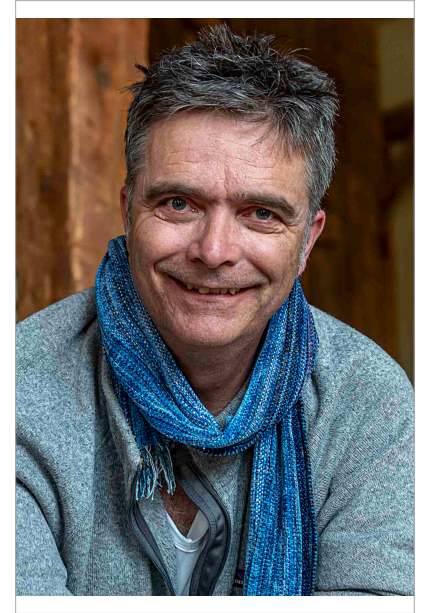
Uwe MESTER

M. Ed and Soc. Work., GCFP
Charlotte, Vermont (USA)

Uwe is German and has been teaching the Feldenkrais Method since his graduation in 2005. He started to develop an interest into the Feldenkrais-Method in 1997 after a lower back surgery. He holds a master's degree in Education and Social Work.

www.vermontfeldenkrais.com

movevt@gmail.com



Stéphanie MENASE

Ph.D. Philosophy, GCFP, Assistant Trainer
of The Feldenkrais Method®

Paris (FRANCE)



“After a university course (researcher and publisher, editor specializing in the philosophy of Merleau-Ponty), I trained (2009-2012) to teach Feldenkrais Method after having practiced it for my own benefit for 20 years. I work with all audiences (children, adults), face to face and via the internet.” Certified Assistant trainer by Eurotab.

stephanie.menase@free.fr

stephaniemenase.com

Katarina HALM

M.A., GCFP

Vancouver BC (CANADA)



"It is wonderful how students learn and colleagues present such varying lessons ~ all within our structured monthly themes at Daily Improvement Collective! My dedication to furthering the Feldenkrais Method® grows from a deep interest in how language develops in our movement, dreams, and daily living. Projects include Feldenkrais® Inclusion Initiative, A Sounder World w/ Sounder Sleep System™, and Bones for Life®."

thinkinginmovement.ca

katarinalistens@gmail.com

Jill VAN NOTE

B.A. English, PCC, GCFP
New York City (USA)

Jill is an Executive Developmental Coach, classical trained actor and Awareness Through Movement® teacher. She loves guiding curious individuals in becoming a better version of themselves by way of the Feldenkrais Method®. She splits her time between NYC and Maine.

jvn@nyc.rr.com



Susinn SHALER

GCFP, Anat Baniel Method-Neuromovement®

Practitioner, Belief Specialist - Belief Re-patterning®

Calgary, Alberta (CANADA)

“I am passionate about guiding you to step forward into your best self! I do my sessions online so it doesn't matter where you live, I can work with you! Email me if you want more information and to find out if this work is right for you.”

susinn@gmail.com



Barbara KRONSTEINER

Ph.D. Contemporary History, M. Romance Languages, GCFP
Vienna (AUSTRIA)

Reading Moshe Feldenkrais' books, *The Potent Self*, and reading-doing the lessons of *Awareness Through Movement*, in 2009, Barbara was so intrigued by the Method, she enrolled in the "Paris 13" Training. Her Feldenkrais studio is located in Vienna. The over ten year experience as a Practitioner was helpful to switch in March 2020 into online classes. Her teaching languages are German, French, Italian and English.

kronsteinerbarbara@gmail.com



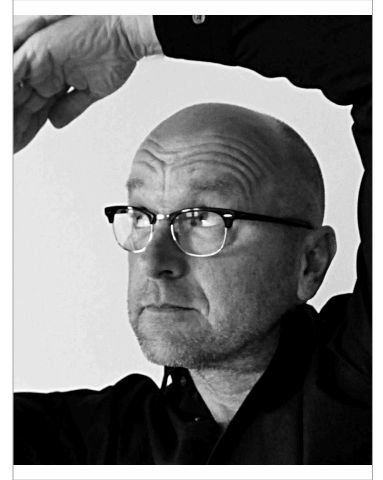
Dirk HAUSKA

Berlin (GERMANY)

Originally a cultural scientist, Dirk, who lives and works in Berlin (Germany), turned to helping people getting rid of their back aches. Since 2004, he is a certified instructor for health oriented strength training. He studied the Feldenkrais Method in Munich and Berlin and is excited to be opening up his own studio in 2021.

www.feldenkraismoabit.de

info@feldenkraismoabit



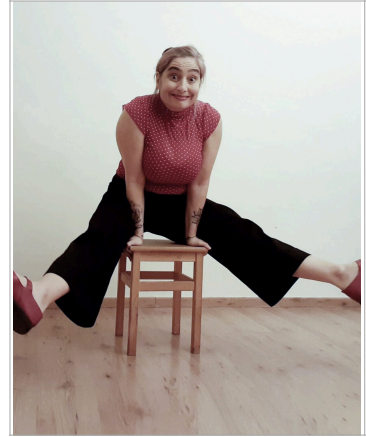
Erifily NIKOLA

GCFP

Athens (GREECE)

Erifily Nikola is a Feldenkrais Practitioner from Athens, Greece. She is also a yoga teacher, an anatomy enthusiast and an apprentice clown. In her classes she offers people the space and time to unfold themselves. Samples of her teaching styles can be found in her channel: youtube.com/ErifilyNikola

3rifily@gmail.com



Yaëlle KESTEN

Rubin Dance and music Academy, Jerusalem (Israël),
D.E.A Middle East Cultures (Paris 8 University), GCFP
Paris (FRANCE)



“Since childhood interested in Dance. Born in Israel, Hebrew is my mother tongue. Went to high school in New York I also speak English. I did my Feldenkrais training with Myriam Pfeffer in Paris, where I live and teach children, adults via the net and face to face.”

yaellekesten@aol.com

Sue SETO

B.A., B. Ed., M.C.A., GCFP
Toronto, Ontario (CANADA)

Sue helps clients learn to improve their physical and mental wellbeing, online and in-person. After several decades of benefiting personally from this Method, Sue attended professional training and graduated in 2017. Previously, Sue taught as a college professor in accredited Social Work Services, Justice and Psychology Diploma programs, after providing health/rehabilitative programs in various settings.

sue@feldenkraistorontowest.com



Joyce LU

Ph.D., GCFP

Los Angeles, California (USA)

Certified in 2012, Joyce is a performing artist and professor of theatre who discovered the Method after pursuing different forms of therapy and approaches for a dance injury. She specializes in embodied social justice praxis and is training in psychodrama. She considers her practice to be an engagement with an ongoing process of empowerment and health.

feldenkraisjoyce@gmail.com



Luka SKYWALKER

CGFP

Hamburg (GERMANY)

"I started my training as a Feldenkrais teacher in July 2015 in Vienna and San Rafael, California. Those four years changed my life, and I got the chance to develop myself in many directions. There have been countless moments during this time when things lit up for me – while learning about the connections between skeletal organisation, the resting phases, breathing, statics and well-being, to name a few."

luka@lukaskywalkerin.com



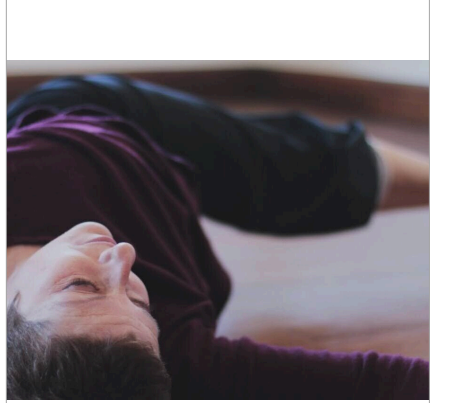
Paula BARATTA

GCFP

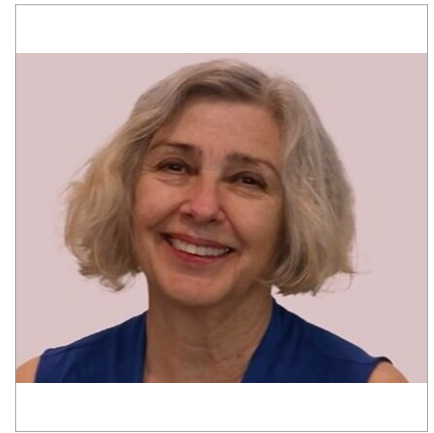
Buenos Aires (ARGENTINA)

"Experiencing the Feldenkrais Method for over 25 years, studying, teaching and practicing. In 2020, I started teaching online and I'm pleased and surprised about this new modality. Also teaching small groups in the park and slowly opening my studio for individual hands on lessons. Background of Contact Improvisation, Fedora Aberastury's system, Yoga, Qi Gong, Tai chi, music, singing and drawing. Grateful and happy to share this ongoing adventure."

loskatos@gmail.co



Vicky BROWN-RAVANO



B.A. Creative Arts

San Francisco, California (USA)

“I became interested in the Feldenkrais Method in the 70's. I trained at Amherst with Dr. Feldenkrais. My background is in the arts and dance which works well with the myriad of possibilities for change offered by the Feldenkrais Method. I have taught for many years in San Francisco and am looking forward to teaching in person.”

vickybrownravano@gmail.com

Carmen LLERENAS

CGFP, MSc Sociology, MS in Spanish Civilization, Reflex
Integration Techniques (MNRI), INPP, Waldorf Pedagogy
Chatou (FRANCE)



Carmen has practiced Feldenkrais in France and Mexico, teaching all ages. She's member of AFF and the FGNA. She graduated with an MSc in Sociology and an MS in Spanish Civilization. Carmen has practiced Feldenkrais in France and Mexico, teaching all ages. She helps her clients to improve their balance and to enjoy their health and their lives.

colimatepetl@gmail.com

Cathy WRIGHT

M.Sc., GCFP, C.Bones for Life® Trainer, CM, NC in
Therapeutic Massage and Bodywork, Texas Massage Therapist
Alpine, Texas (USA)

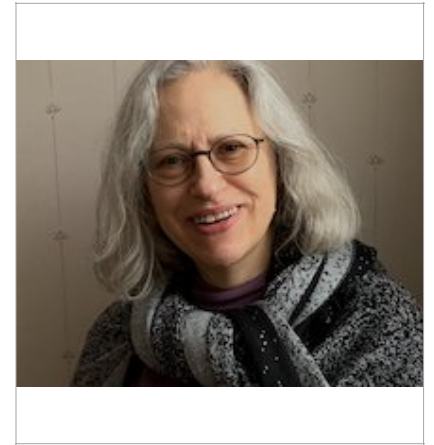


Cathy spent 23 years with plant systems before she switched her focus to human systems. Cathy learned of the Feldenkrais Method® (FM) in massage school. She began her study of the FM with Bones for Life® (with Dr. Ruthy Alon). She completed a Feldenkrais training in 2013. Cathy teaches Awareness Through Movement® classes, Movement Intelligence classes and Functional Integration® lessons.

cathy@cathywright.com

Rika LESSER

B.A. (Yale), M.F.A. Writing, (Columbia), GCFP
Brooklyn, New York (USA)



For Rika—poet and translator of poetry and fiction, Feldenkrais practitioner since 2013—the Feldenkrais Method is an education in integrating mind and body, intention and action. She believes that everything is translation, not only words in different languages but relationships among persons and peoples. While teaching ATM, she pays particular attention to usage and tone. Rika works with individuals and groups in person and online. www.rikalessers.com
lesser.rika@gmail.com

Joe REYNOLDS

M.A. in Music, Student Teacher in Feldenkrais Method
Cambridge (UK)



Joe originally trained as a musician at the Royal College of Music and Oxford University. He has taught cello and piano for over ten years. Feldenkrais classes helped him solve repetitive strain injury from playing the cello. When the classes also transformed his walking, dancing, and mood, he decided to train as a practitioner.

josephreynolds.co.uk

Ulla HEUSLER

CFP

Berlin (GERMANY)



Ulla is an IT enthusiast that came into contact with the FM in 2002: she decided to learn from Mia Segal, the first assistant of Feldenkrais. The 3-year-training with Mia helped her to deal better with her chronic rheumatic disease. To deepen her experience she completed a guild certified training for 4 years and started teaching in 2010, nowadays both online and in person (German and English).

feldenkrais@heusler.net

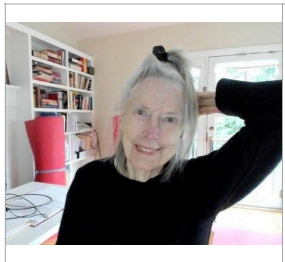
lernfeld-feldenkrais.de

loskatos@gmail.com

CREDITS

Feldenkrais® is a service mark, trademark, and certification mark of the Feldenkrais Guild® of North America (FGNA) in the USA. The following are service marks, trademarks, or certification marks of the Feldenkrais Guild® of North America: Feldenkrais®, Feldenkrais Method®, Functional Integration®, Awareness Through Movement®, ATM®, FI®, CFATMT(CM), GCFP(CM), Guild Certified Feldenkrais Teacher®, Guild Certified Feldenkrais Practitioner(CM), and Certified Feldenkrais Awareness Through Movement Teacher(CM).

**** Daily Improvement Collective (DRAFT Katarina Halm September 27, 2023)



Norma



Marci



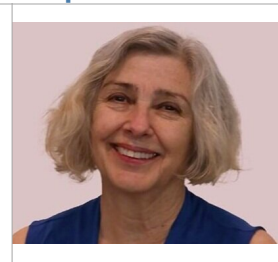
Margot



Jayne



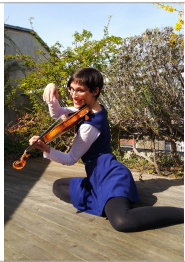
Katarina



Vicky



Rob



Myrian



Uwe



Stéphanie



Erifly



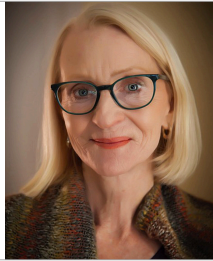
Carmen



Ulla



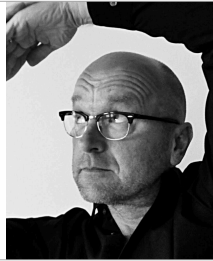
Jill



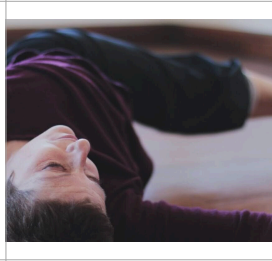
Susinn



Barbara



Dirk



Paula



Cathy



Kwan



Yaëlle



Sue



Joyce



Luka



Joe



Rika