

# Daily Improvement Collective

by Stéphanie Ménasé October 2024

***Daily Improvement Collective* is a platform for training your skills in a playful, original and challenging way using the Feldenkrais Method.**

Using Feldenkrais, the aim is firstly to learn or re-learn how to feel yourself in action and discover how you function; and secondly to identify what you could modify or add to your current patterns. **The *Daily Improvement* programme, offered since June 2020 by teachers from various countries, is in English.**

So for people looking to make progress in English, these intensive sessions can be highly effective, because this Method invokes and redraws learning circuits comparable to those of your early childhood when you heard the language that is now your mother tongue: speech, meaning also being built up by listening, relating and matching statements and action.

**During the Feldenkrais sessions, which encourage, to varying degrees, the coordination and rebalancing of different dimensions of your experience, nothing will be shown to you;** the idea being, through this practical/applied allagmatic approach, to teach you to refer to yourself (there is no model outside yourself), and to take stock of your sensations, enabling you to build or orient yourself towards what you are keen to perfect or refine.

In this way, you redeploy the importance of your feelings in the development of an experience, and then, through observation, you organize the reshaping of certain options, perhaps even leading to a partial reconfiguration of your way of understanding.

During a series of sessions, you are encouraged to connect with what you are doing and with the various possibilities open to you, and with perseverance to gradually bring your aspirations, your needs and your current situation back into line, without neglecting to take account of the context in which you are evolving. **This process cannot happen without a non-judgmental, non-teleological self-referentiality.** Feldenkrais addresses your operativity and your perfectibility through the interaction between verbal propositions describing operations and your way of interpreting them, implementing them and refining them by manifesting them, performing them, translating them into action or into changes in your own direction.

**This programme, offered by certified practitioners of the Feldenkrais Method from various countries, offers a live zoom session 365 days a year.**

A major specificity of this system: from wherever you are, you can follow the sessions **live every day**, time zone 19h for continental Europeans (CET) or even **recorded thanks to an audio library** freely accessible as soon as you subscribe.

**The Feldenkrais Method is a highly demanding process that is likely to challenge you in unusual ways. It requires curiosity and a high degree of autonomy, whatever your current condition.**

Although Feldenkrais can be beneficial to everyone, it is only suitable in this form for a few: individuals who are already very autonomous, particularly in view of the possible frustration of not being corrected or reassured that what they are doing is correct. The idea is to stimulate and enhance this competence by reference to oneself, rather than conforming to a standard dictated from outside.

In the spirit of reinforcing this project, DIC is run by a wide variety of teachers, all certified as MF Practitioners, according to common pedagogical criteria (all trained to international standards), but each with their own background, personality and accent. The demands of this system also depend on your ability to keep an open mind regarding this colourful or polyphonic mix. The multiplicity of these teachers will amplify in proportion the possibility of approaching more aspects of Feldenkrais, and the various perspectives it offers.

**Join us at the end of October and invite your friends, as well as those with whom you disagree; from 27 to 31 October 2024**, participation is offered by this teachers' collective\*. Please note that due to the time change (different time zones) the session will not be at 7pm (CET) but at 6pm. I will be in charge of the session on 28 October (6pm CET).

\*After that, you can make donations (ask us for the link) or, if you think it's relevant for yourself, sign up for the month of November and attend the sessions as often as you like (\$60 per month).