An Introduction to the Feldenkrais Method®
and Awareness Through Movement®
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Awareness Through Movement®
Feldenkrais “Rules”  
(Qualities of Movement)

- Slow
- Small
- Easy, within comfort
- Pause
If you know what you are doing, you can do what you want.
Movement is life.
Life is a process.

Improve the quality of the process, and you improve the quality of life itself.
Thank you for participating! Questions?