

In both of these 35 min routines, you will be verbally guided through gentle movement sequences incorporating the Feldenkrais method of somatic healing. Emphasis is on awareness, effortless movement and comfort. (Optional) Calm and nurturing music will aide in your relaxation and healing.

Required equipment: Part 1-foam roller or a blanket or large towel (rolled thickly for comfort). Part 2-small/medium sized towel rolled to fit under the nape of the neck + optional cork or paper towel (to ease jaw tightness), and a firm but soft surface to lie upon such as a carpet or rug.

Shara Ogin, OTR, GCFP® is an expert in the field of repetitive strain injuries and chronic pain, working as an Occupational Therapist since 1993 and as a Feldenkrais practitioner since 2002. Hundreds of clients have tried her exercises and found success in easing their pain.



COMFORT-FOR-LIFE

PART 1 & 2

Two relaxing and enjoyable 35 min movement sequences to ease RSI, back and neck pain—*based upon the Feldenkrais® Method*