

How to get started

As you try these tips:

- Keep the movements small and gentle – be kind, don't stretch.
- Move slowly, so that you can sense how you start the move.
- Repeat each movement a few times, and take frequent pauses.
- Quietly observe yourself:
 - Are you breathing easily? Is any other part of you holding? (Jaw, stomach?) How do you let it go?
 - What can you do to smooth out the motion?
 - Is the movement symmetrical on the two sides of you?
 - What feels different after this exploration?

Go Deeper

- If the quality of a movement is nicer on one side, explore using that side to teach the other. See what other parts of you move on the easy side, and try that on the other side.
- Once a movement feels easy, try making it so small that the person sitting next to you won't notice. Or just imagine doing the movement.

Bring this in and get two sessions for the price of one.

Use both for yourself, or share one with a friend or partner.

We can help you:

- Get out of pain
- Improve your balance
- Fine-tune your frame and connect to your partner
- Feel more limber
- Reduce the energy it takes to move, so you can dance longer

***Why miss out on the fun?
Give us a call today.***



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Pain-Relief Tips for Dancers

If stiffness or pain is part of your dance experience, try these easy ways to reset yourself into comfort.



From the Move Beyond Limits practitioners and fellow dancers, Irene & Ed



**Feldenkrais® &
Anat Baniel MethodSM
for adults and children**

We keep dancers dancing!

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Un-kink your neck

Imagine a silk thread attached to the crown of your head.

- In your imagination, put a little upward tension on the thread. At the same time, allow your spine to lengthen downward, one vertebra at a time all the way to your tailbone. Let gravity open up a space between each vertebra.
- Inhale as you visualize the space between each vertebra expanding, like a balloon inflating, gently making you taller. As you exhale, soften your chest so you can stay tall and expanded.



Relax your shoulders

With one arm hanging down near your body, roll that shoulder gently up and backwards. Allow the thumb to turn out (hitchhike) as your shoulder goes back. Feel the rotation move down your arm, into your elbow, lower arm, and wrist. Sense your shoulder blade gliding across your back ribs toward your spine.

- Explore looking over your shoulder while rolling it. Do you synchronize your breathing with this movement? When do you get taller or shorter?
- Sense any differences left and right. Which shoulder do you want to take home tonight? Wait a moment, and then repeat on the other side.



Ease your back

Slowly alternate gently rounding your back while looking down, and sitting up tall while looking up at your eyebrows. Sense your weight shifting on your sit bones, and your pelvis tilting. Let your belly move forward and backward.

- While you arch to look up, turn your shoulders a little towards one side, transfer weight to that sit bone, breathe in, and push out your belly. Then breathe out while coming back to the middle, pull in your belly, and round your back. Go to the other side. Find a gentle rhythm.
- Cross both arms over your chest. Point your elbows up as you arch over each knee, and down as you round in the middle.
- Make each rocking movement smaller until you end up balanced in the middle.

Refresh your feet

- Rest one heel and lift just the front of the foot just enough to break contact with the floor. Then rest your toes, and lift your heel slightly. Alternate gently lifting toes and heel while feeling what else moves in the rest of you. Do you rock on your sit bones? Look up and down? What does your breathing do?
- On the same foot, imagine 5 lines on the bottom of your foot. Gently press and release along each line, one line at a time. Do you feel anything in your neck? Sit bones? Ribs? Try starting at your heel and shift the weight along the line to each toe and back.
- Compare your feet now. How about the sensations in your legs? Enjoy the differences for a minute. Then do the other side.

