

THE FOLLOWING FELDENKRAIS® PRACTITIONERS ARE CERTIFIED BY THE FELDENKRAIS GUILD®

TORONTO CENTRAL

Susan Free, MFA, CMA

A movement professional in Toronto since 1990, Susan has worked with actors, dancers, athletes, seniors and everyone in between. She has taught at the U. of T. since 1992, is on staff at the Feldenkrais Centre and has a private practice. 416-654-0248 • susan_free@hotmail.com

Marion Harris

A practitioner since 1983, Marion studied directly with Dr. Feldenkrais. Founder and Director of the Feldenkrais Centre, she recently introduced two programs based on Feldenkrais principles, the Sounder SleepSystem™ and Bones for Life®. “The more I practice Feldenkrais, the more I appreciate its genius.” 416-928-3505 • www.feldenkraiscentre.com

Anne Higginbotham, B.A., B.Ed.,

has a background in professional dance and arts education. Her interest in safe, efficient, and pain free movement led her to study with neuromuscular expert Irene Dowd and to train in the Feldenkrais Method. She works at a sports club and maintains a private practice for all ages. 416-654-4843

Donald Himes

has had parallel careers in music and dance - performer/choreographer with the Toronto Dance Theatre and pianist/composer for “Mr. Dressup”. He currently teaches piano, Dalcroze Eurhythmics and Feldenkrais. Donald assists many performers in the pursuit of ease, efficiency and pleasure in their art. 416-979-2392 • dh88@rogers.com

Judy Katz

teaches Awareness Through Movement classes and private lessons in Queen West and the Annex. The Feldenkrais Method integrates her teaching and performance background in dance and her training in Tai Chi Chuan and Aikido, with her passion and commitment to holistic health and personal growth. 416-703-6947 • somatikatz@gmail.com

Graeme Lynn

is uniquely certified in the Feldenkrais Method, Alexander Technique, Hanna Somatics, and Hellerwork (myofascial release work derived from Rolfing). Graeme has an extensive background and personal practice in yoga. His special focus is the amelioration of musculoskeletal pain and the improvement of posture and flexibility. 416-964-7026 • www.intelligence-in-action.ca

Frauke Voss

was introduced to Feldenkrais ATM lessons through radio broadcasts in Switzerland. Years of work as a fiber sculptor led to repetitive strain injuries, physiotherapy and a Feldenkrais Training. She maintains a practice in Toronto and Bermuda. 416-929-0394 • frauke.voss@sympatico.ca

Barbara Wright George, B.A.,

specializes in helping students cultivate awareness at all levels: physical, emotional, mental, relational and spiritual, and to understand the relation of intelligent, relaxed, and non-violent movement to the cessation both of pain in the body and violence in the world. 416-413-7695 • www.feldenkrais-lifemoves.com

TORONTO EAST

Olena Nitefor, M.Ed.

Since 1987 specializing in chronic, tolerable and mysterious pain situations and neurological conditions. With an extensive background in anatomy, kinesiology and dance, she teaches in Feldenkrais Professional Training Programs throughout the US, Europe and Canada. 416-466-6143 • www.feldenkrais-method.ca

Gita Schwartz, HD

Medicine in Motion is a lively east end practice offering classes, workshops and private sessions. Gita also integrates her background as a homeopathic doctor in special workshops combining Feldenkrais and Homeopathy. She has over 30 years of experience in movement education, health care, community service and advocacy. 416-462-1932 • medicineinmotion@sympatico.ca

TORONTO WEST

Karen Bowes-Sewell

is an associate professor in Dance at York University and a former principle dancer with the National Ballet of Canada. Her work with mental imagery to assist movement skills complements her Feldenkrais practice with people of all ages and abilities. Pivot Sport Medicine & Orthopaedics, Bloor West Village 416-767-4868

Peter Jenkins, B.A.

Peter teaches gentle movement sequences for powerful, painless movement, creating a deeper connection within, an efficient use of yourself for daily living or performance. He teaches children with learning differences using an encouraging verbal and somatic approach. 416-539-0105 • pjtv@sympatico.ca

TORONTO NORTH

Judith Dack

has developed an expertise applying the Feldenkrais Method to work with children with special needs, performers and athletes. She owns and operates the Uptown Studio Pilates and Feldenkrais, located in central Toronto, where she offers group and private classes. 416-481-2381 • judithdack@uptownstudio.ca

Sara Kellerman, B.A., B. Sc. N.

Following a lengthy career in Community Health Nursing, Sara enjoyed a ten year practice of the Feldenkrais Method in Windsor. She recently relocated to Toronto (Don Mills area). Sara's special interests are in working with seniors and abused women. 416-444-9763 • sarakell@yahoo.ca

Barbara Kerslake

Barbara has worked for many years in the academic world as a teacher of translation (French to English). She is also a Senior Instructor in the Healing Tao system. She specializes in working with seniors and those interested in gaining more freedom and ease of movement. 416-789-5482 • bkerslake@aei.net

Kari Isaacson, B.A. Hons., B.F.A.

Kari trained in Modern Dance in the BFA program at York University after completing a BA in Philosophy from the University of Victoria. Kari teaches Feldenkrais throughout Toronto to people of all abilities, including dancers, athletes, seniors, people with chronic illnesses and disabilities, and children. 647-223-6627 • ki_feld@yahoo.ca

SURROUNDING AREAS

Friederike Bental

participated in her first Feldenkrais class in 1996. She soon noticed positive changes in numerous injuries from horseback riding, jogging and teaching aerobics. She established the Feldenkrais School of Somatic Learning Inc., maintains a private practice and teaches classes in the Stouffville area. 905-640-4490 • bental@look.ca

Marilyn Bentley, B.A.

Marilyn, a retired teacher, has been described as an “experiential scientist”. For the past 30 years she has dedicated herself to growing her repertoire of personal education and self healing. For Marilyn, the Feldenkrais Method is the ultimate in this regard! Burlington • 905-335-8272 • movingmatters@hotmail.com

Stephen Emery

is a dancer and musician. He is the founder of the Feldenkrais Centre of Oakville and has a background in the Martial Arts: Ninjutsu and Taijutsu. He has trained for many years at the Society for Traditional Studies and is an active member of the Seven Arts Study Centre. 905-466-3710 • zazen@sympatico.ca

Bill Fehlner, In Training

Bill has been attending Feldenkrais workshops and classes for four years. He is currently completing his second year in the Toronto Feldenkrais Practitioner Training. Bill will be offering ATM classes in Mississauga starting in June, 2007. 905-569-8578 • billfehlner@igs.net

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Anne Keith, B.Sc.N., R.N.,

became interested in the Feldenkrais Method through her quest for improved posture and headache relief. A nurse, she was drawn by the transformation observed and experienced with the Method's gentle, subtle approach. She offers classes and private sessions in Newmarket • 905-898-2415 • anne.keith@sympatico.ca

Karen Toth, ATM Teacher

Karen's passion for movement and learning has led her to become a Certified Pilates instructor, 2000, and a student Awareness Through Movement teacher. Combining both has created less pain and more vitality in her clients. Kitchener • 519-741-1449 • info@stretchyourlife.com

Brenda Lee Wyeld

has a background in aquatics and over 20 years of experience as a Registered Massage Therapist. She incorporates her skills in the Feldenkrais Method to enhance her treatments and encourage self-discovery and awareness. Dundas-Dixie • 905-275-3991

Leah Young, B.A.,

became a practitioner in her native Israel after experiencing the benefits of Feldenkrais for herself and with her own child, who had slow motor learning. She works with children with disabilities and derives great pleasure in sharing these benefits in her private practice in Thornhill and North York. 905-881-1445



A Feldenkrais lesson

**ABOUT
THE FELDENKRAIS METHOD®**

The human body is designed to move efficiently, with minimum effort and maximum ease. Yet few of us move in this way. In fact, most of us have acquired a lifetime of limiting habits. The Feldenkrais Method uses a unique combination of gentle exercises and body awareness training to actually improve communication between the brain and the body to restore efficiency and pleasure in movement. Feldenkrais principles are simple, and the results are extraordinary.

**The Feldenkrais Method is taught
in two formats:**

• **Awareness Through Movement®
(ATM)**

Feldenkrais classes are unlike any exercise program you have ever experienced. In classes, the instructor guides you through a selection of precise, natural movement sequences. These sequences are scientifically designed to help you experience and refine all core movement patterns. There is no "right" or "wrong"; you perform the movements as your own body was meant to, without comparison or competition. The classes are at once relaxing and stimulating, captivating both mind and body.

• **Functional Integration®
(FI)**

Feldenkrais touch is unique. Feldenkrais Practitioners have developed, through extensive training, the sensitivity to communicate with your whole body: muscles, skeleton, and nervous system. This sensitivity promotes a somatic dialogue in which unwanted habits are recognized and changed into healthy, dynamic movement patterns. These sessions are private, hands-on, and conducted while you are fully clothed.

Feldenkrais, Feldenkrais Method,
Functional Integration and Awareness Through Movement
are registered trademarks of the Feldenkrais Guild®

BENEFITS

With the Feldenkrais Method you can:

- Improve posture, balance and coordination
- Gain strength and flexibility
- Enhance performance for athletes, musicians and dancers
- Help to prevent and overcome injury
- Gain vitality and self-awareness
- Improve movement skills of people with special needs
- Learn the secrets of aging gracefully
- Feel younger, more energized and truly relaxed

**ABOUT
THE FOUNDER**

Moshe Feldenkrais, D.Sc., (1904-1984), physicist, engineer and judo master, pioneered an investigation into how the brain organizes movement and action in the body. His work transformed our understanding of the body/brain relationship. After a crippling knee injury, Feldenkrais taught himself to walk again.

From this experience, he developed a method of simple, gentle exercises that awaken the body's innate intelligence, restoring pleasure and renewing vigor in everything it undertakes. The approach he pioneered, and documented in his books, has helped thousands of individuals, including elite athletes, world-class performing artists, and people with chronic conditions and pain.

Today, it is known as The Feldenkrais Method.

As developers of this Directory and the Feldenkrais Presentation for the Whole Life Expo, Marion and Judith extend thanks to the many Practitioners who supported this project, and look forward to working with them again.

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416-928-3505 www.feldenkraiscentre.com

Judith Dack • Uptown Studio
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416-481-2381 www.uptownstudio.ca

*Feldenkrais
Method®*



*Directory
of
Feldenkrais®
Practitioners*

*in the GTA and
surrounding areas*

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