

## April 2012 Queensland Polio Health & Wellness Retreat

Feldenkrais Presentation – Sat 28 April – 10.30am – 12 midday

by Robyn Lavery, Sunshine Coast U3A

### Q: How to find a Feldenkrais Practitioner in your area?

A: Phone 1800 001 550 (free of charge when calling from Australia) **OR**  
Go to the Australian Feldenkrais Guild website & download a printable directory of practitioners in your area - <http://www.feldenkrais.org.au/printable-directory>

### Q: How do I find CDs or books on Feldenkrais to purchase?

A: Both of these websites are based in Australia and have a wide range of Feldenkrais books & CDs, etc.

<http://www.feldebiz.com/> (based in Vic)

<http://www.feldenkraiswa.com.au/page.php?id=10> (based in WA)

### **Internet references specifically with Polio references:**

Feldenkrais: An Exploration in Possibility – Rosanna L Mattingly  
[www.post-polio.org/edu/pphnews/PPH25-1win09p45.pdf](http://www.post-polio.org/edu/pphnews/PPH25-1win09p45.pdf)

Feldenkrais Therapy Helps me – Sharis, Sunnyvale CA  
[www.post-polio.org/net/what12.html](http://www.post-polio.org/net/what12.html)

Moving in Spite of Post-Polio Syndrome - Carole  
[www.feldenkrais.com/.../moving\\_in\\_spite\\_of\\_post\\_polio\\_syndrome/](http://www.feldenkrais.com/.../moving_in_spite_of_post_polio_syndrome/)

Nashville Mind & Body – Feldenkrais an Introduction – including Testimonial from Katherine  
<http://www.nashvillemindandbody.com/feldenkrais.html>

Coping with Mild Post Polio Syndrome – David Blackmore [www.feldenkraiscentre.com/pdfs/PostPolioarticle.pdf](http://www.feldenkraiscentre.com/pdfs/PostPolioarticle.pdf)

Free at last: Feldenkrais accesses the body's potential to feel and perform better – Pauline Sugine  
[findarticles.com/p/articles/mi\\_m0675/is\\_n6\\_v11/ai\\_14732889/](http://findarticles.com/p/articles/mi_m0675/is_n6_v11/ai_14732889/)

Moshe Feldenkrais' Work with Movement – A Parallel Approach to Milton Erickson who suffered from Polio  
[www.achievingexcellence.com/p-a\\_feldenkrais\\_erickson.html](http://www.achievingexcellence.com/p-a_feldenkrais_erickson.html)

*The Feldenkrais Method in the management of Chronic Pain – from the Australian Feldenkrais Guild Website*  
<http://www.feldenkrais.org.au/practising-feldenkrais/pain-management>

There is a wealth of material regarding Feldenkrais on the internet.

You can even find some free downloadable Awareness through Movement (ATM) lessons, for example – check out this site: [http://www.feldenkrais.com.au/atm\\_on\\_cd.html](http://www.feldenkrais.com.au/atm_on_cd.html)