

Awareness Through Movement® Guide

About the Lessons

- Lessons take a different approach to improving how you move and feel and take advantage of our brain's neuroplasticity.
- Instead of relying on large muscular effort, lessons use small, gentle movements performed in a relaxed manner to strengthen communication between your brain and body.
- The lessons are most effective when you go slowly, do less, avoid discomfort, and stay attentive to your own inner sensations.
- I will guide you with verbal instructions and suggestions while you explore the movements.
- By the end of the lesson, you may notice changes in your posture, the ease and quality of your movement, and your overall sense of well-being.
- Some improvements may be felt immediately, while others can develop gradually as you continue to work with further lessons

Before you begin a lesson

- Find a quiet space where you won't be interrupted.
- Reduce distractions by turning off electronic devices.
- Choose a firm, flat surface so you can lie comfortably, such as a rug, mat, or blanket on the floor.
- If lying on the floor is difficult, you can do the lesson lying flat on a bed without a pillow.
- Remove shoes and belts and loosen any tight or restrictive clothing.
- For lessons done in a sitting position, use a chair with a flat, firm seat, sit near the front edge,
- Ideally use a seat high enough that your knees are slightly below the seat of the chair or at least level with the seat and with both feet able to rest flat on the floor.
- We will let you know ahead of time if a chair is needed

Doing a Lesson - Working with your brain and nervous system most effectively:

- Move slowly.
- Use the least effort possible.
- Keep movements small.
- Make movements easy and pleasant.
- Rest between movements.
- Avoid striving, even with yourself.
- If a movement is difficult, make the movements with even less effort, more slowly and smaller.
- Skip any movement that feels uncomfortable or just imagine doing the movement.
- Don't make a big effort, force, or stretch – rather take a break and just rest.
- Turn your attention inward; notice what you feel, where you feel it and any changes.
- At the end, scan your body and sense what has changed

After the Lesson – Giving your system time to keep learning

- The lessons give your brain fresh options for posture, coordination, and ease. New neural pathways form, but they are delicate and need time to settle.
- Avoid rushing back into familiar habits—let the new learning “soak in.”
- Don't “test” to see if pain has gone or movement is better – just notice. “testing” is one of the ways of invoking old habits.
- Give yourself space to notice changes; this strengthens the new neuro connections.
- Preferably take a short walk or rest, paying attention to where you can relax—especially in your jaw, breathing, and abdomen.
- The effects can keep emerging for a day or two—check in with yourself to support steady improvement and self-discovery.