

## [The Health Series: #4 Feldenkrais and You.](#)

[January 17, 2017](#)

I'm pleased to introduce this month's guest: Gwen Spinks.

Gwen is a Feldenkrais Practitioner and Dance instructor. Gwen completed the four-year Feldenkrais Method™ training in 2012. Gwen is here to talk about Feldenkrais & You. Learn more about Gwen on her website: [gwenspinks.com](http://gwenspinks.com) or Instagram: [gwenspinksart](https://www.instagram.com/gwenspinksart)

Feldenkrais Method of Movement is based on the work of Israeli physicist, engineer and martial arts master Moshe Feldenkrais (1904/1984), and is now taught around the world.

The Feldenkrais Method™ is grounded in anatomy, physiology and physics. It is also informed by the latest research into movement and human development. Bringing these disciplines together provides us with a model for learning new movements and can be applied to learning any new skill we are learning. Ordinarily, we learn just enough to get by.

In the Feldenkrais Method™, we learn from our own unique ways of moving. As we become aware of how we do all that we do: act, sense, think, and feel, we gain a great range of ease and skill. We empower ourselves by asking and answering a simple question: Is there a better way to do this? and it is a physical way through to the emotional body.

I believe that all our physical pain has an emotional component. When we are willing and able to look at our pain/illnesses/injuries as something that has manifested from our emotional traumas, then we are willing and able to release both the physical and emotional pain.

As a dance teacher (Ballroom, Latin, West Coast Swing, etc.) for almost thirty years, I have seen many people quit dancing or not start at all, because of their fear. Mostly, it comes down to control, trust, or intimacy. Facing their fear on the dance floor is a huge challenge – how they move reflects how they feel in their body. It also reflects how they hold their traumas (which is where the fear starts).

The Feldenkrais Method of Movement has been the key for me to help people unlock the connection between their physical and emotional pain bodies. This helps them to literally move through and release old habits of how they hold and move physically, emotionally, and mentally. The result for most people is greater mobility not just on the dance floor, but in their life, and that mobility/flexibility/ease of movement comes pain free. It can be a scary journey, however, the benefits are amazing.

Gwen Spinks, January 2017