

« Felden-sutra » :

Combination of basic movement patterns and positions for lessons of

Functional Integration® of the Feldenkrais Method®

By Yvan Joly M.A. (Psy.) Feldenkrais Trainer and Educational director

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***Patterns of basic movements that deform an oblong body
with an orientation to: front/back, top/bottom, side/side***

Forward folding (flexion)
Backward bending (extension)

Lateral side bending to the right (R side flexion)
Lateral side bending to the left (L side flexion)

Twist to the right (top and bottom in opposite directions)
Twist to the left (top and bottom in opposite directions)

Lengthening (traction or pull in the length)
Compression (push in the length)

Basic Positions for FI lessons

Lying on the back (supine)

Lying on the side, right or left (side lying)

Lying on the belly (prone)

Sitting (on stool or chair or floor)

Standing (on the feet or on the knees)

On all four (hands and knees)

Kneeling to side of table with trunk on low table

(see chart next)

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Basic strategy to compose an FI lesson:

Choose a basic pattern,
present it in a basic position,
offer it proximally, distally, or both

| Feldensutra | On back (supine) | On belly (prone) | On side (R or L) | Sitting (chair or floor) | Standing (feet or knees) | On all four (hands- knees) | Trunk on table Knees on floor |
|----------------------------------------------|---------------------|---------------------|---------------------|--------------------------------|--------------------------------|-------------------------------------|----------------------------------------|
| Flexion (Forward folding) | | | | | | | |
| Extension (Backward bending) | | | | | | | |
| R side bend (Lateral bending) | | | | | | | |
| L side bend (Lateral bending) | | | | | | | |
| R twist (of top, L twist of bottom) | | | | | | | |
| L twist (of top, R twist of bottom) | | | | | | | |
| Lengthening (traction in the length) | | | | | | | |
| Compression (pushing in the length) | | | | | | | |