

# THE BODY & MIND IN MOTION NEWS

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**BODY & MIND IN MOTION**  
**Margery Hellman**  
Certified Feldenkrais Practitioner  
Occupational Therapist  
Sports Clinic, Western Avenue  
University of Sydney  
p 02 9660 5514 or 0407433565  
marhellman@bigpond.com.au  
www.margeryhellmanfeldenkrais.com.au

## **Body and Mind in Motion Margery Hellman**

Certified Feldenkrais Practitioner & Occupational Therapist

Margery has over 12 years experience as a Feldenkrais Practitioner. Margery also has extensive experience in Occupational Health and Rehabilitation. Combining her OT skills with the Feldenkrais Method she has developed a strong understanding of the relationship between daily activity and movement/postural problems. Margery is currently completing a Diploma of Yoga Teaching and incorporates Yogic practices in her sessions when appropriate.

If you would like to increase the ease and range of your movements, get to the root of your body's patterns of tension and strain and live with less pain, take the first step by contacting Margery to discuss a programme that would fit in with your lifestyle.



**Feldenkrais Method teaches you how to make the right moves to help yourself.**

## **Here is what Margery's clients are saying about The Feldenkrais Method**



*I'm pretty well free of neck pain after two Feldenkrais sessions with Margery. This follows years of chronic pain and stiffness. I especially like that I now have a few small, gentle movements I can do at my desk, or in meetings, and these stop me from stiffening up. Mary Anne S.*

*Since starting Feldenkrais I have seen a great improvement - less pain, better posture, more energy both physical and mental, and a general greater awareness of health and life. Life is worth living again. Donn S*

*Thanks to Margery Hellman's Feldenkrais-based therapies and exercises, back pain that I had considered chronic has completely disappeared. Margery's holistic, intelligent and educative approach has meant that I now understand how to progressively improve my posture. My general sense of well being has also improved. Jenny L*

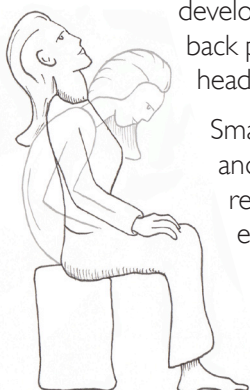
This issue features Smart Sitting, an innovative and highly effective programme for workplaces, and individuals.

## **SMART SITTING – MOVE IN YOUR CHAIR**

### **Smart Sitting\*, to enable sitting to become more comfortable and safe.**

Smart Sitting is a workshop designed to teach you and your work colleagues how to keep your body supple, relaxed and free from chronic aches and pains whilst sitting.

Many of us experience discomfort when we sit for long periods at work. Prolonged sitting increases the risk of developing occupational injuries such as low back pain, carpal tunnel, frozen shoulder & headache to name a few.



Smart Sitting promotes healthy postural and movement patterns. If practiced regularly Smart Sitting is a simple and effective way to:

- Reduce physical tension and strain from prolonged sitting
- Improve your posture and comfort at work

- Assist in the prevention and recovery of occupational injuries
- Enhance your well-being

Smart Sitting is not a temporary fix, it teaches you a skill you will have for the rest of your life.

Telling yourself to 'sit up straight' is no solution. Under stress or fatigue, we slump forward, leading to back, neck and shoulder problems. Ergonomic workstations are only part of the solution. Our bodies aren't designed to sit in one position for eight hours a day. Our bodies are designed to move. **Smart Sitting will teach you simple and effective strategies that you can use at work, at home or anywhere you sit.**

Workshops cover the 6 essential skills for sitting comfortably and a discussion of ergonomics.

To book a Smart Sitting Workshop for you and your workplace contact Margery.

\* Smart Sitting is based on The Feldenkrais Method® for re-education of movement habits.

## OTHER SERVICES OFFERED BY BODY AND MIND IN MOTION

### Personalised Ergonomic Assessments

#### **Ergonomics are an important part of safety and comfort at your workstation.**

Body and Mind Motion provides Ergonomic assessments for individuals and workplace groups. Good ergonomics can make a big difference toward improving your comfort and preventing injuries.

Contact Margery for a consultation at home or in your workplace.

#### Have you ever considered...

- The height of your desk and the way you need to adjust your chair to reduce shoulder and neck tension;
- The height of your monitor and how this effects vision and posture; and
- The need for in-line document holders or other pieces of ergonomic equipment?

### Individual Services

**Individual lessons** - During a one hour session Margery will create a movement lesson designed for your individual needs. Gentle hands on techniques will release postural patterns which cause pain and repetitive injury. Margery will then teach you how to apply these changes in your body to your everyday activities.

**Custom made movement CD's** - As part of your private consultation Margery will make a personalized movement CD for you to use at home. This is a highly cost-effective way for you to maintain the benefits from your individual sessions.

### Group Classes

#### **Flexible Mind, Flexible Body**

This series of classes is ideal for those who spend their day sitting in front of a computer and want an effective, fun way to challenge their body and mind. The movement lesson engage the nervous system and changing habitual patterns which cause tension and pain. The result is improved posture and comfort at work and play.

Classes are held Wednesday evenings in Balmain

#### **Bones for Life**

A dynamic and springy walking style is the natural movement which stimulates bone strength. It is the rhythmical pulsations of lively steps that enables the blood, which carries oxygen and nutrients to penetrate the solid tissues of the bones.

Bones for life facilitates a well-aligned posture and harmonious movement both of which are essential for stimulating bone strength and healthy living as we age.

Bones for life is based on the Feldenkrais Method for re-education of movement habits. For more information see [www.bonesforlife.com](http://www.bonesforlife.com)

- Improve flexibility and strength to do the things you want to do
- Learn to align your posture and stimulate bone strength
- Develop a springy and dynamic walk to nourish bone and muscle health
- Reduce pain and improve wellbeing
- Enhance balance and inner confidence

Classes are held Thursday 11am-12 in Balmain



*movement • balance • posture*

