



# Feldenkrais METHOD®

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To whom it may concern

My name is Gisella Warmenhoven and I have moved to Nelson recently.

I am a practitioner and Assistant Trainer in the Feldenkrais Method®. For the next step in my career I am working on my thesis.

For that I need to work with two new clients for 5 sessions.

So I am looking for two children under the ages of 12.

I am offering these lessons free of charge.

How it will work: I will come to your place, so the child feels comfortable. We work on the floor mainly.

First I will establish a connection to the child, The idea is to be playful and to establish trust.

I will work with the child with the movements it is able to do already to give a sense of being good enough.

Then I will slowly introduce other “solutions”.

The touch is gentle and slow.

I would be happy for the caregiver to experience that first.

If possible a lesson lasts an hour, but often children will need less time.

You can find a lot more information about the Feldenkrais Method® online of course and check out my profile on [www.feldenkrais.org.nz](http://www.feldenkrais.org.nz).

I am looking forward to hearing from you

Kind regards

Gisella Warmenhoven