



TO WHOM IT MAY CONCERN


Dr. Moshe Feldenkrais is probably the most important authority in the world today on what he terms human improvement. This encompasses not only an upgrading of flexibility, coordination, posture, voice and breathing but also, and above all, of consciousness-raising, sensing, feeling and thinking.

The Feldenkrais Method, which is unique, has improved the overall condition of thousands of people ranging from musicians, dancers, members of the theatrical professions to heads of state, writers and scientists.

Among those who have publicly expressed their admiration and gratitude to Dr. Feldenkrais are such personalities as Yehudi Menuhin, Margaret Mead, Peter Brook, and David Ben-Gurion, to name just a few.

But also, and not less impressively, the Feldenkrais Method has effectively helped senior citizens, athletes, the sick and the injured in dozens of countries, people who have made their way haltingly to Israel and have returned invigorated and healthier than ever before, their life span probably extended and their general sense of well-being re-established and maintained.

Additionally, the Feldenkrais Method has proved astonishingly successful in its ability to alter and improve chronic states of ill health and incapacity which have not proven amenable to any other form of therapy.


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