



December and January *First Tuesdays with GPFS* with Donna Maebori
Visit this GPFS webpage to learn more about *First Tuesdays with GPFS* here -
<https://gpfs.org/First-Tuesdays>

Make the impossible possible, the possible easy, and the easy elegant.

Moshe Feldenkrais, 1904 – 1984



December Session Registration Link - [First Tuesday with GPFS December 2022](#)

January Session Registration Link - [First Tuesday with GPFS January 2023](#)

Cost: Both sessions are free for GPFS Members, \$5 each for Non-Members

Time: 7:00 - 8:00 pm, Zoom link sent upon registration

December 6, 2022 – Donna Maebori, a Feldenkrais session part one. Donna is a retired physical therapist, flutist and Feldenkrais certified practitioner. First Tuesdays for December and January will be the remaining two sessions of an introductory triad of Feldenkrais experiences. This past June was a lesson on breathing more specifically and fully, learning to choose where to direct one's breath. In December, "Jaw Relaxation" will be the theme where we will gain more in-depth sense of tongue and jaw movement. This lesson will be done sitting.

January 3, 2023 - Donna Maebori, returns! Per above, we continue our Feldenkrais sessions. January will be a classic "Pelvic Clock" lesson that ends with finding one's most easily-tall sitting posture. Donna Maebori, Certified Feldenkrais Practitioner and fellow flutist, will again be the presenter for these sessions. This lesson will be done sitting.

More details on the next page!

The next First Tuesday Online is December 6, 2022 -- Flutist and Guild Certified Feldenkrais Practitioner Donna Maebori will take us through a Feldenkrais Movement lesson on the mouth, tongue and jaw.

We will all be sitting for this session. The movements of the tongue, jaw and mouth are very, very gentle. In fact, the purpose of a Feldenkrais lesson is to develop greater sensory awareness of ourselves as we discover more choices on how to carry out our actions. This means that the smaller, smoother or slower you can make a movement, the better. Also, if anything seems too tricky or fatiguing at any point, feel free to stop and simply imagine doing the movement, which is another effective way to learn.

For fun, plan on having your flute and a minute's worth of music ready. Muted, sitting or standing, at the start of this session we'll each play our minute's worth. Then at the end, muted one more, we'll each play the same music again and sense what difference we might find in our sense of ourselves or our playing as a result of the lesson.

Donna worked her entire adult life as a physical therapist until she retired in 2015. During her career she studied yoga and became a Certified Feldenkrais Practitioner, with both disciplines used extensively in her specialization treatments of persistent pain as well as balance and dizziness. She found both, especially the Feldenkrais, also distinctly improved her flute playing. Always loving the flute and keeping with it since the age of ten, she played in different settings throughout her life, most notably in a piano-flute duo for ten years until it ended with the pandemic. Now she enjoys playing for herself and being more active with the Greater Portland Flute Society.

If you are curious about the Feldenkrais Method, <https://feldenkrais.com/> is a good link. Any questions, feel free to contact Donna at donna.maebori@gmail.com or 971-409-3611.



Congratulations to GPFS!
We are the proud and grateful recipient of an
Oregon Arts Commission Small Operating Grant in
the amount of \$2,240.

Sponsors & Commercial Members

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