

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

Moshe Feldenkrais, 1904 – 1984

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](mailto:donna.maebori@gmail.com) or 971-409-3611.