



**If you missed the Chapter sponsored clinic with Mary Debono, Certified Feldenkrais Practitioner and Creator of the SENSE method, you missed a GREAT Clinic!**

Our Feldenkrais clinic on November 5 was a sell-out and hugely rewarding for the participants. Clinician Mary Debono taught attendees about biomechanics and new ways of moving to break old habits. Gentle exercises were used to interrupt ingrained patterns of movement that may be unwittingly leading to asymmetrical movement or even pain. There were many “aha” moments as people unlocked resistance and discovered a new range of motion for their bodies. At the end of the session, bodies felt better-aligned, and people were more tuned in to how they move, and how their movement habits influence their life and their riding! Feedback was overwhelmingly positive and demand for this clinic was so strong, that we may try to hold another. We’ll keep you posted!



Mary Debono and Chapter Chairperson Kate Shuster.



Seminar attendees take a rest in between exercises.

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**The Feldenkrais Method is an educational approach that uses gentle, specific movements to develop awareness and improve coordination, balance, and posture.**

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Mary assists an attendee with mounted exercises.



Jan Dickieson works in the saddle.

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**Want more information about Feldenkrais? Check out the article in the July-September 2005 Collective Marks on the chapter website located under Chapter News.**

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