

How to do Awareness Through Movement® Lessons

Do the movements with ease, a bit lazy, no strain. Do not stretch - don't go to your limits, stay within your range of ease. This is important!

Notice what you experience - sensations, feelings, thoughts. Everything you experience is part of the lesson. Bringing your relaxed awareness to your experience is key to what you will learn from doing the lessons.

Let your attention be relaxed and easy; receive sensory experience rather than 'reaching for it'. Notice if 'paying attention' restricts your breathing.

Learn to recognize when you need to pause or rest. Stop before you feel tired, bored or distracted. Take a small rest, a change of internal scene; then continue. This allows your brain and nervous system to integrate what you are learning.

Learning happens when you notice the results of trying something and adjust how you do it the next time.

Don't just repeat something over and over - change how you do it each time. Make small changes, changes of focus, of timing, of what parts of yourself participate or 'get out of the way'

These lessons are opportunities to learn. The results can be magical, but the magic must be applied. After doing a lesson, apply your new experience in different situations - standing, sitting, talking, walking.

If you're drawn to a lesson out of curiosity, a sense of discovery, or how it leaves you feeling, repeat it as often as it continues to interest you. It is important that you approach it each time with a sense of curiosity, so it doesn't degenerate into exercise.

A lesson can take moments, days, weeks, or months to integrate. All integration calls for is bringing some awareness to your experience as you move through your days. For a few hours after doing a lesson it's optimal if you don't have to go directly back to habitual ways of doing things. A short nap or meandering walk is great.

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