

# THE GUIDE TO FREE ONLINE FELDENKRAIS RESOURCES

AWARENESS THROUGH MOVEMENT  
(ATM) LESSONS & PODCASTS

ENGLISH

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Moving Experience | [www.movingexperience.eu](http://www.movingexperience.eu)

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## A GUIDE TO FREE ONLINE FELDENKRAIS RESOURCES

No matter where you are in your Feldenkrais journey this guide helps you to find many of the free resources available online. Even as a fellow Feldenkrais practitioner you'll find inspiration for your next classes. Start your search for free material here.

When I started my own Feldenkrais journey in the late 90s there wasn't much you could find in the way of free online resources. Actually the online world was just starting out. Nowadays you can find far more information about the Feldenkrais Method online.

But why should you consider joining live classes if you can get so much material for free?

- The Feldenkrais teacher is **adapting the classes to the students** in the room.
- You can **ask questions** or even look at fellow students.
- Signing up & paying for live classes comes with a commitment. You tend to **take your practice and wellbeing more seriously**.
- Working with one teacher allows you to **dive deeper into the world of small movements**.
- Joining live online classes **creates a community and offers support**. Learning together helps us through difficult phases in our lives.

I am a certified Feldenkrais practitioner since 2017 and I now teach all my Feldenkrais classes online. Listen to [my interview on the ConmotoPetersen Podcast](#) to find out more about [my Feldenkrais & Tango journey](#).

Be curious and see you in the online Feldenkrais world.

Bärbel Rücker

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## ADAPTED FELDENKRAIS & PSYCHOLOGICAL FREE NERVOUS SYSTEM REMAPS

- Podcast by Jill Wigmore Welsh – [feldenkrais.podbean.com](https://feldenkrais.podbean.com)

## CONMOTOPETERSEN

- Podcast by Christina Petersen Mihresel – [ConmotoPetersen](https://ConmotoPetersen)
- In her podcast Christina talks with other Feldenkrais practitioner about the method (including a little ATM) as well as with her students about their experiences. You'll find podcast episodes in English, German and Spanish.
- On 7th July 2019 her special guest was me, Bärbel Rücker, and the subject was: [\*\*Feldenkrais & Tango – a good combination?\*\*](#)

## FELDENKRAIS MP3'S

- Ryan Nagy's Feldenkrais Downloads – [www.utahfeldenkrais.org](http://www.utahfeldenkrais.org).
- Feldenkrais Podcasts – [utahfeldenkrais.org/blog/tag/feldenkrais-podcast/](http://utahfeldenkrais.org/blog/tag/feldenkrais-podcast/)
- Between 2007 and 2011 Ryan Nagy has interviewed several Feldenkrais practitioner (e.g. Mia Segal, Ruthy Alon, Ralph Hadden, Frank Wildman, Jerry Karzen, Edward Yu & Larry Goldfarb).

## FELDENKRAIS TRAINING BY FRANÇOIS COMBEAU

- Homepage in English & French by François Combeau – [training-feldenkrais-francois-combeau.com](http://training-feldenkrais-francois-combeau.com)
- Discover a free class given by François Combeau. Download [the lesson of the month.](#)

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## FELDENKRAIS WITH ED BARTRAM – HACKNEY/CITY OF LONDON

- Feldenkrais blog and free lesson excerpts – [movinglessons.co.uk/blog/](http://movinglessons.co.uk/blog/)

## FELDY NOTEBOOK

- The place to find, annotate, and to share Feldenkrais® ATM lessons - [feldynotebook.com](http://feldynotebook.com)
- Feldy Notebook was created to allow Feldenkrais practitioners to contribute their understanding and insights of Feldenkrais Lessons. It's a collaboration space. It's a way to deepen your knowledge about Feldenkrais lessons by studying, contributing and working together with other practitioners.
- Check out this [list of lessons with audio](#).

## FUTURE LIFE NOW

- Cynthia Allen is the person behind the [Feldenkrais Summit](#). This is a source of valuable information about the Feldenkrais Method.
- Find [a few free videos](#) on the YouTube channel Future Life Now.

## INSTITUTO FELDENKRAIS (IF)

- When you sign up for the newsletter of the Instituto Feldenkrais (IF), you'll receive 6 free mp3 Feldenkrais lessons. These six ATM lessons are taught by Paul Newton – [www.feldenkrais-institute.com/shop/free-6-atm-lessons/](http://www.feldenkrais-institute.com/shop/free-6-atm-lessons/).

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## KINESOPHICS

- Lessons and writings on the teachings of Moshe Feldenkrais with Lynette Reid – [www.kinesophics.ca](http://www.kinesophics.ca)
- [Free recordings](#).

## LAVINIAPLONKA.COM

- Lavinia Plonka is a Feldenkrais Assistant Trainer. She offers [free audio lessons](#) on her website.

## MELINDA GLENISTER

- [Melinda's audio lessons](#) are based on Feldenkrais & JKA. These are lessons she has recorded either during her group class or workshops.

## MINDFUL MOVEMENT WITH MATT ZEPELIN

- [Mindful Movement for Parkinson](#) – a podcast and audio library.
- Matt Zepelin offers mindful movement lessons designed to help people with Parkinson's Disease increase ease of movement, improve range of movement, and develop skills for the betterment of quality of life.

## MOVEMENT AND CREATIVITY

- [Movement and Creativity](#), a space to move and be moved by Tiffany Sankary and team.
- [Free ATM-Lessons](#)

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## NEUROMOVEMENT® REVOLUTION PODCAST WITH ANAT BANIEL

- Anat Baniel has created her own method based on the work of Moshé Feldenkrais. She shares her insights in her [Neuromovement Revolution Podcast](#).

## OPENATM.ORG : THE OPENATM PROJECT : RECORDINGS

- The goal of the OpenATM Project at [openATM.org](#) is to make Feldenkrais Awareness Through Movement (ATM) lessons available to everyone around the world.
- You'll find recordings from e.g. following practitioners: Olena Nitefor, Sharon Starika, Tracy Godek, Falk Feddersen, Liz Sisco, Aurovici Sercomanens (in French), Jim Stephen and John Quinn.

## SHARONSTARIKA.COM

- Sharon Starika has some free lessons on [openatm.org](#).
- On her own website you'll find a huge number of ATM lessons. Go to WORKSHOPS > ONLINE WORKSHOPS > WEEKLY CLASSES > to choose your theme: (1) [Head, Neck & Shoulders](#) (2) [Mid-Back & Thoracic Spine](#) (3) [Hamstrings, Glutes, Hips & Feet](#).

## SOMATICS FOR YOU | SUSAN KOENIG

- Susan Koenig is a certified Hanna Somatic Educator & Licensed Trainer. She offers [SoundCloud audio recordings](#) which allow you to “attend” a number of her classes at your own convenience.

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## SOUNDCLOUD.COM

- Check out [soundcloud.com](https://www.soundcloud.com). Search for 'Feldenkrais' and you will find many people sharing short and long ATM lessons in English, German, French, Swedish and lots of other languages.

## THE FELDENKRAIS GUILD UK

- [The Feldenkrais Guild UK](#) is offering a range of [short Awareness Through Movement \(ATM\) lessons](#) on their homepage. It's a good starting point when looking for beginner lessons.

## THE FELDENKRAIS PROJECT

- [The Feldenkrais Project](#) by Nick Strauss-Klein offers 50 free audio recordings available to stream anytime. You can also become a donor to access more study tools and lessons.

## UNCOMMON SENSING BY ALAN QUESTEL

- Listen to several introductory talks by Alan Questel. Each one discusses a different aspect of the Feldenkrais Method® to give you a better understanding of the Method and how you can benefit. You'll find them under [Free Resources](#).
- [Sign up for Alan Questel's newsletter](#) and get a monthly Awareness Through Movement (ATM) lesson for FREE. Actually he is sending out more during the pandemic.