

*“For years I suffered with a really bad knee. I could not kneel on it and everything was painful, even walking was uncomfortable, so exercising was really difficult too. After two sessions with ö-Sel and a few weeks healing time my knee has improved 100%. I am now exercising again and my movement isn’t restricted, I can kneel and general movement is 100% improved. Without thinking I just seem to move differently. I would highly recommend ö-Sel and the Feldenkrais Method.” Jill Furnevall*

*“Your lessons left me with a great feeling of well being and balance. People have actually commented on how well I look lately. I can see a visible difference in myself. Your delivery is very calm yet inspiring and I wouldn’t have imagined that such gentle but thorough movements would have such an amazing affect. ....You have already helped my Mother with mobility and neck pain and I would highly recommend you to anyone who is experiencing pain of any kind or just wants to feel better in themselves.” Penny Oliver*