

Inspiracja Ruchem - (Re)Edukacja Somatyczna  
Ewa Ławreszuk  
Rynek 5/6  
59-500 Złotoryja  
Poland  
+48(0)608334902  
[info@feldenkraisshop.com](mailto:info@feldenkraisshop.com)



[www.feldenkraisshop.com](http://www.feldenkraisshop.com)

**“How did I find the idea to produce bolsters and pillows for the Feldenkrais Method®:**

**I was a student of the Feldenkrais-Ausbildung in Frankfurt/Main. There, I learnt about the possible materials to work with the client bodies and I realized that in some cases, ordinary bolsters and pillows are not good enough.**

**My Educational Director, Paul Newton, put in my mind the idea to produce some new innovative materials. After a long research and an enormous work, I am glad to offer you my newly designed pillows and bolsters.**

**I presented my products to several trainers of the Feldenkrais Method® and they were all delighted. A complete 'Feldenkrais Support Set', at the beginning of this catalogue, has been prepared after long discussions with the trainers and their assistants.**

**All pillows and bolster covers are made of 100% cotton, all filling consist of raw materials of plan origin”.**

## Catalogue

All prices incl. tax	Product	Length cm	Width cm	Weight kg
199,50 €	Feldenkrais Support Set			7,5



**The complete set consists of: 1 piece of A, B and C bolsters,  
one big D pillow and two E and F cushions.**

**In addition, the set includes a transport bag for the smaller pillows  
and a ½ kg bag of millet husk for the filling and large bag for the complete set.**

**Single prices**

**A**                      **69 €**                      **Large bolster**  
**(Kapok, millet hulls)**                      **63**                      **22**                      **2,8**



**B**                      **45 €**                      **Long, small bolster**  
**(Kapok, millet hulls)**                      **60**                      **11,5**                      **1,3**



**C**                      **33 €**                      **Short, small bolster**  
**(Kapok, millet hulls)**                      **30**                      **14**                      **1**



<b>D</b>	<b>16,50 €</b>	<b>A large cushion (buckwheat hulls)</b>	<b>50</b>	<b>32,5</b>	<b>0,75</b>
----------	----------------	--	-----------	-------------	-------------



<b>E</b>	<b>14,50 €</b>	<b>A large cushion (buckwheat hulls)</b>	<b>51</b>	<b>13,5</b>	<b>0,4</b>
----------	----------------	--	-----------	-------------	------------



<b>F</b>	<b>10,50 €</b>	<b>Very small pillow (buckwheat hulls)</b>	<b>22,5</b>	<b>13,5</b>	<b>0,1</b>
----------	----------------	--	-------------	-------------	------------



**G**

**7,5 €**

**A transport bag  
for small pillows**

**45**

**45**



**H**

**4 €**

**A small bag with the millet husks  
for the filling**

**25**

**25**

**0,5**



**I**

**17 €**

**A large bag for  
the Feldenkrais Support Set**

**90**

**90**



Color number	Color	
1ys	Yellow - sun	
2o	Orange	
3lb	Light blue	
4g	Green	
5dg	Dark green	
6r	Red	

7g	Gray	
8b	Brown	
9bl	Black	
10h	Heather	
11be	Beige	
12lbe	Light beige	

Copyright © 2011 Ewa Ławreszuk