

BRIDGING WORLDS
2008 Feldenkrais Method®
 Annual Conference

change the way you move,
 think and feel in the world.

JULY 25 - AUGUST 1, 2008

University Memorial Center
 University of Colorado, Boulder

Bridging Worlds is the perfect name for this year's Annual *Feldenkrais Method* Conference. Please join us in 'bridging' the world of the *Feldenkrais Method*

to your world. We've invited *Guild Certified Feldenkrais Practitionerssm* – some of the top teachers in their fields – to present workshops that bridge between the *Feldenkrais Method* and other modalities in order to share with you this incredible body of work. Experiencing the *Feldenkrais Method* at the conference will change the way you move, think and feel in the world. Reconnect with your natural abilities, and learn ways to integrate this into a variety of interests with the tools from these workshops.

Workshops! [Workshops vary in length, 1/2 day to 3 days]

- Survival: Martial Arts in the *Feldenkrais Method*
- Gravity 101: Speed and Control for Snow Boarders and Skiers
- Your Base of Support for Sport
- Lengthen and Learn: Lessons for Hamstring Health
- The Movement of Self-Compassion
- Cycling with Power and Ease: Linking Yourself to Your Bike
- Learn Fly Casting the *Feldenkrais®* Way
- Yoga and the *Feldenkrais Method*
- In the Saddle: The Connection of the Seat, Leg and Heel
- The Evolution of Human Movement from Embryo to Aging
- Authentic Movement: Witnessing and Experiencing Movement
- Liberating the Voice with the *Feldenkrais Method*
- Integrating the Breath to Ease Pain and Reduce Anxiety
- Research on the *Feldenkrais Method*: A Colloquium
- Effortless Playing: How Posture Affects Instrumental Performance
- The Balanced Runner
- Take a Tango Break
- Effortless Power
- The *Feldenkrais Method* and Dance: Length for Free Expression
- Walking with Your Whole Self
- Making the *Feldenkrais Method* a Part of Our Daily Lives
- The Ultimate Feat for Our Feet!
- The *Feldenkrais Method* and G.I. Gurdjieff's Teaching
- Core Strength, Pilates and the *Feldenkrais Method*



KEYNOTE SPEAKER
Joan Borysenko,
Ph.D.

July 27 at 6:30 pm
\$15 Limited Space

Minding The Body: Bridging Awareness And Healing

Dr. Joan Borysenko, Harvard trained medical scientist, psychologist, spiritual teacher and author is described as a "compelling pioneer in the field of mind/body science." Her humor, authenticity and impeccable scientific background make her a compelling and inspiring speaker who promises to create a rich learning environment in which the bridging of worlds becomes a natural and exciting territory for exploration.

For anyone curious about optimizing the opportunities life presents, this lecture will offer a unique tour through the worlds of embodiment, science, movement, and meaning; rich with practical information and meaningful inspiration.

For *Feldenkrais®* practitioners and professionals in other mind-body disciplines, Joan will provide informed perspectives on ways in which current science relates to the field of alternative health.

Location: UC Boulder, UMC · Glen Miller Ballroom

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Conference Registration:
www.feldenkrais.com
 (800) 775-2118
 Conference Information:
 (866) 930-6875

RESEARCH FORUM Presenter: Jim Stephens | MON. JULY 28 7PM
 NO CHARGE

What We Know And How We Can Use It

A summary of research done on the *Feldenkrais Method*, to date, will be presented. All areas and types of research will be drawn into this discussion. An emphasis will be placed on practical implications of this research for practitioners and questions that this research raises about the practice of the *Feldenkrais Method*. The forum will end with a poster session presenting some new and some old research on the *Feldenkrais Method*, with investigators present to discuss their work.

These posters will also be available for viewing on Tuesday morning at the Research Colloquium.

See inside for details.

FREE Awareness Through Movement® Classes

Mon-Fri, July 28 to August 1, 2008 · 8:30-9:30 am

7 THEMES: Yoga, Pilates, Voice, Rolfing®/Structural Integration, Running, Tango and Recordings of Moshe Feldenkrais.





“If you know what you are doing,
you can do what you want.”

— Moshe Feldenkrais

35 FREE CLASSES*

Awareness Through Movement®

JULY 28 - AUGUST 1, 2008 · 8:30-9:30 AM

Experience the *Feldenkrais Method*! It's the only way to begin to understand what this new “movement” is all about. We are offering seven *Awareness Through Movement* classes every morning, Monday through Friday. This year the seven themes to choose from are: Yoga, Pilates, Running, Tango, Voice, Roling®/Structural Integration and recordings from the International *Feldenkrais* Federation archives of Moshe Feldenkrais himself. You can enjoy five days straight of any theme or you are free to go to a different theme each morning.

Learning in *Awareness Through Movement* lessons is a unique experience. Students are encouraged to move in a slow and gentle way, paying attention to sensation so that they stay within the realm of their own comfort. Instructions are given to guide the student's awareness so they may notice how they are doing, what they are doing and how the whole of themselves can be involved in the movement patterns being explored in the lesson.



* CLASSES OFFERED:

Integrating Structural Integration A series of lessons to help one deepen, integrate and embody the effects of Roling®/Structural Integration sessions.

Tango, An Act of Balancing *Feldenkrais* lessons to enhance and inform your dance.

***Feldenkrais Method*® for Yoga** Lessons for embodying and refining self awareness, to bring more ease, integrity and pleasure to your yoga practice – on or off the mat.

Vocal Awareness Integrating Voice into the study of the whole self and the whole self into the study of voice.

The *Feldenkrais Method*® for Pilates Learn movement patterns that provide awareness for accurately executing your Pilates exercises.

Run Stress-free by including *Feldenkrais* lessons into your warm up, your run and your cool down.

The First *Feldenkrais*® Teacher Learn directly from the founder of the *Feldenkrais Method*. Recordings of Moshe Feldenkrais teaching in a variety of public workshops.

Friends of the Conference:



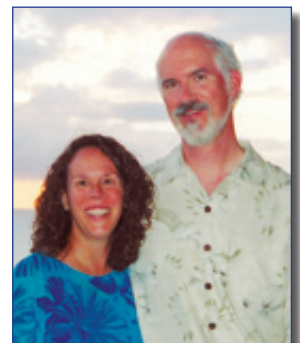
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Survival: Martial Arts in the *Feldenkrais Method*®

JULY 25-27, 2008 · 3-DAY WORKSHOP · PRESENTER: MOTI NATIV · FEE: \$285 · TIME: 10AM-5PM

Moshe Feldenkrais was the first non-Japanese person to earn a black belt in Judo and was the author of several books on Judo and self-defense. His interest, training and expertise in these areas had a profound influence on the development of the *Feldenkrais Method*®. We will use the movement lessons created by Dr. Feldenkrais to explore the martial arts underpinnings of the *Feldenkrais Method*, and experience and analyze self-defense techniques as they arise, helping us to understand the effectiveness of the *Feldenkrais Method* from the point of view of survival. This workshop will give you a direct experience of how the martial arts can be informed by the unique work of Dr. Moshe Feldenkrais.

Moti Nativ is a *Feldenkrais*® practitioner and has been teaching martial arts since 1978, is proficient in Budo-taijutsu (Japanese ancient fighting art), Judo and Krav Maga (military combat system). He served as ETC rep Shihan (master teacher of martial arts), head of the Israeli Bjinkan Dojo.

Gravity 101: Speed and Control for Snowboarders and Skiers

JULY 26-27, 2008 · 2-DAY WORKSHOP · PRESENTER: MARGARET MCINTYRE · FEE: \$190 · TIME: 10AM-5PM

Working with gravity to gain speed and paradoxically control, is the biggest challenge facing skiers and snowboarders. Having control allows us to really 'let go' and move freely through the terrain. In this workshop, movement exercises and discussions explore this paradox using lessons from the *Feldenkrais Method*. A secondary focus in the lessons will be incorporating performance enhancement through attention to use of the eyes.

Margaret McIntyre is fully qualified as a PSIA ski instructor and trainer in the Vail Ski School, where she presents her "signature" integrated skiing and snowboarding programs each winter. A *Guild Certified Feldenkrais Practitioner* for over twenty years, Margaret is also an assistant trainer in professional *Feldenkrais* trainings. Currently based in Maui, she enjoys surfing and windsurfing.



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Your Base of Support for Sport

SATURDAY (AM), JULY 26, 2008 · 1/2 DAY
PRESENTER: IRENE GUTTERIDGE
FEE: \$55 · TIME: 10AM-12:30PM

Athletic training typically focuses on the role of muscles in movements propelling us through space. Moshe Feldenkrais demonstrated that the way we use ourselves in relation to our environment is critical in maximizing movement potential, at the same time minimizing the energy spent. In this workshop, we will explore the principles underlying this view and offer an outlook that challenges traditional sports-training paradigms. With *Feldenkrais*® movement lessons as our basis, we will discover the sources of ease, efficiency, mobility, and strength, so important in training and performance.

Irene Gutteridge MSC, is a *Feldenkrais* practitioner with twelve years of expertise in the exercise and health sciences. She teaches principles of the *Feldenkrais Method* to the Canadian alpine ski team and is known for her ability to provide and capture unique environments for human learning.

The Movement of Self-Compassion

SATURDAY (AM), JULY 26, 2008 · 1/2 DAY · PRESENTERS: ERIN GEESAMAN RABKE, CARL RABKE
FEE: \$55 · TIME: 10AM-12:30PM

"You only have to let the soft animal of your body love what it loves." – Mary Oliver

Self-aggression often enters our most well-intentioned ways of working with ourselves. It appears in exercise, yoga, sports, and daily life. It causes injury, stress, burn-out, and a sense of never being good enough. Lasting improvement arises most effectively in a learning mode. The *Feldenkrais Method*® provides a learning environment that is non-judgmental and encourages curiosity and exploration without fear of mistakes. Come learn what unfolds when movement becomes a vehicle for self understanding rather than correction.

Erin Geesaman Rabke has been practicing yoga since 1987 and teaching since 1995. She lives in Salt Lake City, Utah, where she maintains a full-time private practice in the *Feldenkrais Method*, yoga and yoga therapy as well as offering regular workshops and courses. She loves her livelihood.

Carl Rabke LMT, maintains a full-time private practice in Structural Integration, massage, and the *Feldenkrais Method* in Salt Lake City, Utah. He offers regular workshops and courses.

Lenthen and Learn: Lessons for Hamstring Health

SATURDAY (PM), JULY 26, 2008 · 1/2 DAY · PRESENTER: IRENE GUTTERIDGE · FEE: \$55 · TIME: 2:30-5PM

How often do we hear folks complain about their tight hamstrings! These notoriously tight muscles can become long and mobile again if given the right care. We will learn key principles to help understand why so many of us have chronically tight hamstrings that seem to maintain their tightness even with diligent flexibility exercises. Selected *Feldenkrais* lessons will allow us to experience these principles in action and will leave not only our hamstrings in better shape, but our entire body.



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Cycling with Power and Ease: Linking Yourself to Your Bike

SATURDAY (PM), JULY 26, 2008 · 1/2 DAY
PRESENTER: SHANNON KOLMAN
FEE: \$55 · TIME: 2:30-5PM

Sitting in the saddle of a bike, our connection to the earth changes. Our ability to sense connections through our skeleton can dramatically affect our performance and comfort on the bike. In this workshop, movement lessons, discussions, and experiential exercises will help participants learn to generate maximum power and precision, while exerting minimum energy, on the bike. Whether you're training for your next race, a weekend bike warrior, or just enjoy cruising around the park you will learn useful skills that you can apply to your cycling.

Shannon Kolman is a *Feldenkrais* practitioner working in Golden and Denver, Colorado. A Colorado native, Shannon has been mountain biking since the late 1980s (before bike shocks) and road cycling since 1990. After a debilitating injury, Shannon used the *Feldenkrais Method* to regain her ability to cycle again with power and ease.

Learn Fly Casting the *Feldenkrais*® Way

SUNDAY, JULY 27, 2008 · 1 DAY
PRESENTER: JEAN PIERRE MARTIN
FEE: \$95 · TIME: 10AM-5PM

Watching the beauty of a well-placed cast on the water inspires delight and awe. Force will ruin it; the combination of strong technique and clear body organization will create it. Explore the missing link between traditional methods of teaching fly casting and your mastery of excellent execution. Whether you're a beginner or an experienced caster, this workshop will use lessons in movement from the *Feldenkrais Method* to give you the skills you need.

Jean-Pierre Martin is a *Guild Certified Feldenkrais Practitioner* and studied fly casting with Jason Borger of *A River Runs Through It* fame. Here from Montreal, Canada, Jean Pierre was certified as a fly casting instructor by Joan Wolf, and has written extensively on the subject. He applies his knowledge of the *Feldenkrais Method* to his first love, fly casting.

Yoga and the *Feldenkrais Method*®

SUNDAY, JULY 27, 2008 · 1 DAY
PRESENTER: ERIN GEESAMAN RABKE
FEE: \$95 · TIME: 10AM-5PM

"The hardest part of the body to adjust in a yoga posture is the brain." – Iyengar

"I'm not after flexible bodies, but flexible brains." – Moshe Feldenkrais

The Yoga Sutras invite practitioners to discover stability and bliss (sthira and sukha.) With the *Feldenkrais Method*, we learn how to find stability in action and regard ease as fundamental to learning. Discover how the *Feldenkrais Method* can support an enjoyable, injury-free yoga practice. Learn how to increase flexibility without stretching by increasing our skill in movement as well as our sense of wholeness.

Erin Geesaman Rabke has been practicing yoga since 1987 and teaching since 1995. She lives in Salt Lake City, Utah, where she maintains a full-time private practice in the *Feldenkrais Method*, yoga and yoga therapy as well as offering regular workshops and courses. She loves her livelihood.



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The Evolution of Human Movement from Embryo to Aging

MONDAY, JULY 28, 2008 · 1 DAY
PRESENTER: FRANK WILDMAN
FEE: \$95 · TIME: 10AM-5PM

Our most personal capacities to move, feel and think are related to hidden evolutionary mechanisms. Through exploratory movement laboratories we will discover how human motion and human awareness arose together through both persistent environmental pressures and rapidly increasing choices in sexual selection. This program promises to be intellectually provocative and experientially stimulating.

Frank Wildman is a *Feldenkrais*® trainer, and is the producer and educational director of numerous *Feldenkrais* professional training programs and is best known for his presentations of specialized programs to public and professional audiences. His most recent materials include "Your Brain as the Core of Strength and Stability," and "Improving with Age."

Authentic Movement: Witnessing and Experiencing Movement

MONDAY, JULY 28, 2008 · 1 DAY · PRESENTER: LISA TSETSE · FEE: \$95 · TIME: 10AM-5PM

Mover/witness roles create a bridge to the development of consciousness, informing our everyday lives. In the practice of Authentic Movement, seeing and being seen, moving and being moved create opportunities for observation and understanding. The exploration of the didactic relationship between mover and witness will engage participants in experiential movement lessons from the *Feldenkrais Method*®. The mover's responsibility is to be true to him/herself. The witness practices non-judgment in regard to the mover's experience. Each session includes a lesson on scanning and eye use.

Lisa Tsetse is a *Feldenkrais* practitioner and lists her early influences as the practice of Authentic Movement, modern and post-modern dance, and dance movement therapy. She was the co-founder of the Ft. Wayne Dance Collective (1979) and now lives in Ithaca NY where she teaches creative movement, choreographs and directs multi-arts performances, and maintains a *Feldenkrais Method* practice.

In the Saddle: The Connection of the Seat, Leg and Heel

MONDAY (AM), JULY 28, 2008 · 1/2 DAY
PRESENTER: PAMELA BEETS
FEE: \$55 · TIME: 10AM-12:30PM

Riding is a dynamic process of action... balance...stillness. More than technique or a set of rules, the art and language of riding is a dynamic, continuous interaction between rider and horse. Equestrians will experience and explore their balance, postural dynamics and body mechanics with *Feldenkrais* movement lessons. Through demonstrations using dressage and western saddles, unmounted riders will have the opportunity to take the lessons from internal learning to actual experience in the saddle. This workshop is applicable to equestrians of any discipline and level of ability.

Pamela Beets is a *Feldenkrais* practitioner who has worked with riders and horses in diverse fields from roping to dressage for over 20 years. Pam has studied extensively with Linda Tellington-Jones, as well as participating in clinics with respected equestrian teachers Sally Swift and Susan Harris, and Olympic medalist Kim Wallness.

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Liberating the Voice with the *Feldenkrais Method*®: For Actors, Singers and Everyday Speakers

MONDAY, JULY 28, 2008 · 1 DAY · PRESENTERS: DARRELL BLUHM, PHYLLIS GRIFFIN · FEE: \$95 · TIME: 10AM-5PM

Participants will learn how skeletal organization and effective breath support can improve everyday speaking and singing and provide power for projection. This is a workshop for curious beginners and professionals alike. Together, we will explore the fascinating world of the voice through group singing and speaking. We invite you to be brave and come to learn how your voice is your entire body.

Darrell Bluhm is a *Feldenkrais* practitioner and is sixth-dan, Shihan in Aikido and chief instructor of Siskyou Aikikai in Ashland, OR, where he teaches Aikido, Tai Chi Chuan and maintains a private *Feldenkrais Method* practice. This year will bring his sixth season with the acting company of the Oregon Shakespeare Festival, combining thirty-five years of martial arts experience with the *Feldenkrais Method*.

Phyllis E. Griffin is a *Feldenkrais* practitioner, and is associate professor of voice and speech at The Theatre School of DePaul University where she teaches undergraduate and graduate actors in the Performance Program and directs plays. She is also a coach to actors at The Chicago Shakespeare Theatre, and the Goodman and Cong Square Theatres.

Integrating the Breath to Ease Pain and Reduce Anxiety

TUESDAY (AM), JULY 29, 2008 · 1/2 DAY · PRESENTER: JULIE FRANCIS · FEE: \$55 · TIME: 10AM-12:30PM

In the face of injury or other insult we instinctively aim toward protecting ourselves. Doing so often results in movement patterns and postures that exacerbate rather than alleviate discomfort, be it physical or emotional. Focused breathing, integrated with gentle movement, can provide the foundation for healing and easier ways of being. Using *Feldenkrais* movement lessons as the focus of inquiry, we'll explore the potency of breath in supporting ease.

Julie Francis is an assistant trainer in the *Feldenkrais Method*. Much of her private practice is focused on working with persons with psychomotor dysfunction and chronic pain, as well as those in various stages of emotional discovery. Julie informs her teaching with gentle humor and a playful spirit that makes learning fun.

Research on the *Feldenkrais Method*: A Colloquium

TUESDAY (AM), JULY 29, 2008 · 1/2 DAY
PRESENTER: JIM STEPHENS
FEE: \$55 · TIME: 10AM-12:30PM

Science is based on an empirical theory of knowledge, asserting that events are objective and reproducible within specified conditions. Many believe that the *Feldenkrais Method* is non-conventional, being experiential and subjective in nature. The interactive colloquium will be presented by Ralph Strauch, Carl Ginsburg, Pat Buchanan and Jim Stephens and is open to discussion among workshop participants.

Jim Stephens is co-chair of the *Feldenkrais*® Educational Foundation of North America Research Committee, has a PhD in Neuroscience, is on the physical therapy faculty at Temple University and has an independent *Feldenkrais Method* practice. He has published peer-reviewed, quantitative and case report research about the *Feldenkrais Method*, most recently in the *Physical Therapy Journal* in 2006.

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Effortless Playing: How Posture Affects Instrumental Performance

TUESDAY, JULY 29, 2008 · 1 DAY
PRESENTER: FRED ONUFRYK
FEE: \$95 · TIME: 10AM-5PM

Playing a musical instrument is a complex activity that involves thinking, sensing, and moving. Often the skills of sensing oneself and adapting one's movements while playing are relegated to the background of perception, resulting in tension, pain, and overuse injuries due to excess muscular effort. In this workshop, we will observe musicians playing and explore when, where and how the skeleton does or does not provide the necessary postural support. We will use *Feldenkrais*® movement lessons to discover the profound effects posture has on comfort and ease, tone and resonance. Musicians, bring your instruments! Piano will be provided.

Fred Onufryk is a *Feldenkrais* practitioner and is passionate about working with musicians. He has worked with students and faculty at the Eastman School of Music in Rochester, NY, and the Sibelius Academy in Helsinki, Finland. He also loves snowboarding, mountain biking, and Thai cooking.

The Balanced Runner

TUESDAY, JULY 29, 2008 · 1 DAY · PRESENTER: JAE GRUENKE · FEE: \$95 · TIME: 10AM-5PM

Conventional wisdom has it that every person has a distinctive running style that can't be changed without risk of injury and that performance depends on strength, endurance, and guts. Runners abandoning such beliefs face conflicting theories on how to safely make changes, reduce wear and tear, and increase efficiency. In this workshop, we will use *Feldenkrais* movement lessons in combination with running to understand the main elements of good form and the learning environment that helps each runner safely grasp efficient, healthy, and technically masterful running. We'll focus on feeling how to use the core muscles for maximum economy, how to align the hips, knees and feet to reduce knee and foot strain, and how to coordinate the upper and lower body for power. Participants will receive an audio CD, a list of refresher questions, and a follow-up phone consultation. Participants should bring a thick bath towel and come dressed to run.

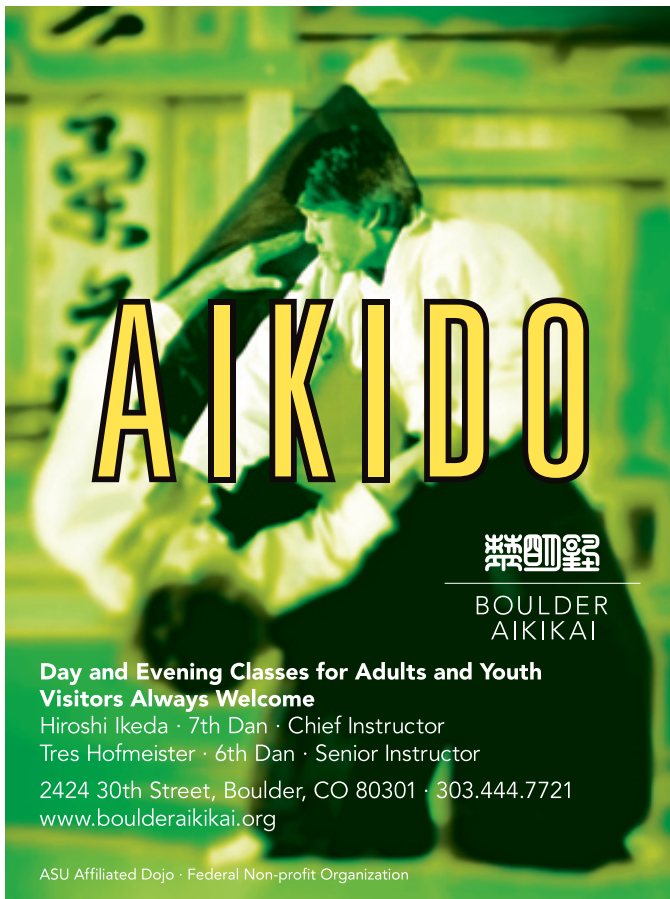
Jae Gruenke is a runner, former dancer, and owner of Intelligent Exercise LLC, and focuses on developing workshop and individual lesson formats addressing running performance. She works with runners and running teams in the New York City area.

Take a Tango Break


WEDNESDAY (AM) · JULY 30, 2008 · 1/2 DAY · PRESENTER: JEAN FUNG · FEE: \$55 · TIME: 10AM-12:30PM

All dancers strive to improve balance and posture. Using the twists and turns required in the Argentine tango as a focus, improvements in mastering these necessary elements will be addressed using targeted lessons from the *Feldenkrais Method*®. The awareness of your movement patterns will help you discover how to dance effortlessly. Self care tools for dancing easily without pain or fear of injury will be included. What you experience will have a profound effect on your dancing and enhance your sense of well being too!

Jean Strybos Fung was instrumental in creating a tango community in the greater Philadelphia area. A former research scientist, Jean combines her love of movement and dance by teaching both the Argentine tango and the *Feldenkrais Method* in New York



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Effortless Power

WEDNESDAY (AM) · JULY 30, 2008 · 1/2 DAY
PRESENTER: JUDY REMEDIOS
FEE: \$55 · TIME: 10AM-12:30PM

The human body can produce incredible power from very little effort. According to Moshe Feldenkrais, "the sensation of effort is the subjective feeling of wasted movement." This wasted energy, exerted routinely in daily life, becomes a continuous drain on vitality. How can we learn to move as one integrated unit from the moment of stillness to action, without separation within ourselves? Combining fundamentals from Aikido and self-defense with *Awareness Through Movement*® lessons, we will explore how to find our center, move from intention into action, control ourselves and then effectively affect another, with effortless focused power.

Judy Remedios holds a second-degree Black Belt in Aikido, has more than thirty years of teaching experience in Tai Chi, Qigong, and meditation, is a musician and *Feldenkrais* practitioner. Her background includes sports, music, psychology and martial arts; bridging Eastern and Western philosophies and ontology, the study of Being.

The Feldenkrais Method® and Dance: Length for Free Expression

THURSDAY · JULY 31, 2008 · 1 DAY
PRESENTER: PRISCA WINSLOW BRADLEY
FEE: \$95 · TIME: 10AM-5PM

"Unnecessary effort accompanying an action tends to shorten the body."
— Moshe Feldenkrais

The posture of dancers has been admired by many. If mastered with length it is the foundation for free movement and expression. If accomplished with tension, it interferes with breathing and balance and can lead to injuries. In this workshop, we will explore how to move without effort and discover how owning our full height improves flexibility, balance, and breathing, and surprisingly allows us to access our strength like never before.

Prisca Winslow Bradley is a *Guild Certified Feldenkrais Practitioner*™, has a private practice in Taos, NM and assists in *Feldenkrais* training programs. Twelve years ago her experience as professional dancer, teacher and choreographer inspired an annual week-long *Feldenkrais/Dance* intensive for Dance Teachers. Her most recent excitement is learning trapeze!


Walking with Your Whole Self

THURSDAY · JULY 31, 2008 · 1 DAY
PRESENTER: DIANA RAZUMNY
FEE: \$95 · TIME: 10AM-5PM

Walking is a pleasure when it is done with grace and ease. This becomes possible when we incorporate our whole self. The *Feldenkrais Method* is an exquisite technology for us to learn how to access more of our self in the service of organic movement. Join this workshop to explore movement and to learn how walking can be more pleasurable using the *Feldenkrais Method*.

"I believe that the unity of mind and body is an objective reality. They are not just parts somehow related to each other, but an inseparable whole while functioning. A brain without a body could not think."
—Moshe Feldenkrais

Diana Razumny, *Feldenkrais* trainer, has extensive experience working in *Feldenkrais* Training Programs in various capacities since 1989. Assisting in five trainings continuously, she has designed curriculum including several segments with an emphasis on walking.



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Making the *Feldenkrais Method*[®] a Part of Our Daily Lives

FRIDAY, AUGUST 1, 2008 · 1 DAY
PRESENTER: JEFF HALLER
FEE: \$95 · TIME: 10AM-5PM

Feldenkrais movement lessons provide a model for making the *Feldenkrais Method* a practice of daily life. In this workshop we will use a variety of *Feldenkrais* movement lessons to address the question of how to cleanse past debris from our activities of thinking, sensing, feeling and moving, providing the space to live our own unique lives with greater contentment, fulfillment and improved performance.

Jeff Haller PhD, has been a *Feldenkrais* trainer since 1993. His background includes Transpersonal Psychology, athletics, martial arts, and outdoor activities. He strives to provide his students with settings that help in the development of dynamic and effective ways of working with themselves.

The Ultimate Feat for Our Feet

FRIDAY, AUGUST 1, 2008 · 1 DAY
PRESENTER: KATHY JAMES
FEE: \$95 · TIME: 10AM-5PM

Our feet are our base of support and our connection to the earth. Our feet contain nerve endings for sensing and responding to the many activities in our lives – standing, walking, running, dancing, skating.

However, wearing shoes, and walking on concrete sidewalks and flat surfaces lead us to lose the natural sensitivity that our feet possess. In this *Feldenkrais* movement workshop we will learn to re-experience our feet in new and interesting ways that will enhance our vitality and balance. We may even learn to balance a book or two on our feet. What a feat!

Kathy James is a *Feldenkrais* practitioner and assistant trainer, holds a second-degree black belt in the martial art of Aikido and is trained as a dancer. She is also an adjunct faculty member at John F. Kennedy University, teaches through Kaiser Permanente and has a private practice in Petaluma, California.

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Meeting with Remarkable Ideas: G.I. Gurdjieff's Teaching and the *Feldenkrais Method*®

FRIDAY, AUGUST 1, 2008 · 1 DAY · PRESENTER: LAVINIA PLONKA · FEE: \$95 · TIME: 10AM-5PM

Many people are unaware of Gurdjieff's influence on contemporary philosophy and personal development. From the *Enneagram* to the *Law of Attraction*, much of his teaching has spilled into pop culture without his name attached. Moshe Feldenkrais often referred to G.I. Gurdjieff's system of self-study and movement. Using film, movement and attention exercises and excerpts of Gurdjieff's writing, we will explore the parallels between Gurdjieff's teaching and the *Feldenkrais Method*. This experiential workshop includes *Feldenkrais* movement lessons that either reference Gurdjieff's ideas or contain principles that correspond to both men's teachings.


Lavinia Plonka has been a member of the Gurdjieff Foundation for more than twenty-five years. She blends her background in theater, dance and inner arts to excite people around the world about the benefits of the *Feldenkrais Method*. She has written two books and is director of Asheville Movement Center in North Carolina.

Core Strength, Pilates and the *Feldenkrais Method*

FRIDAY, AUGUST 1, 2008 · 1 DAY · PRESENTER: BARBARA ANDERSON · FEE: \$95 · TIME: 10AM-5PM

The buzz words "core strength" are often associated with the Pilates Method. However, Moshe Feldenkrais showed us a different way to address core strength through many complex and multidimensional *Feldenkrais* movement lessons that involve the core muscles. In this workshop, we will study the anatomy and function of these muscles, learn core-specific movements, and compare and contrast what the *Feldenkrais Method* and Pilates approaches have to offer to core strength.

Barbara Anderson is certified yoga instructor, licensed massage therapist, and a Pilates Mat and Reformer Instructor with a master's degree in dance. She owns and directs a movement studio where she integrates the *Feldenkrais Method*, yoga, and Pilates.




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“What I’m after isn’t flexible bodies, but flexible brains.”
 {Moshe Feldenkrais}

