

Experience anatomy

A LAB FOR FELDENKRAIS PRACTITIONERS

With Molly Tipping and Sarah Wiin

Moshe Feldenkrais informed his work through studying a wide range of disciplines, including anatomy and biomechanics. As a Feldenkrais Practitioner developing your understanding of human structure and function can enrich and deepen your practice.

Facilitated by Molly Tipping and Sarah Wiin, this experiential learning opportunity will be a delightful way to discover relationships between an Awareness Through Movement® lesson and your structure (anatomy) and function (movement).

From the ATM lesson (Head through the gap) we'll explore:

- directions and planes of movement, in reference to yourself and in space
- creative learning activities
- participants' movement strategies through observation and comparison
- how to use these ideas in functional integration.

The process will ask the group to take the ATM as the starting point and together explore the skeletal and muscular organisation, concluding this with a related functional integration demonstration and practice.

When: 12-4.30pm Saturday 15 November 2014 (30 minute break)

Where: Yoga moves studio 45 Evans Street Shenton Park WA 6008

What to bring: a mat, two towels & your favourite anatomy book

Contact: email: shelleyk@iinet.net.au or phone 0402 957 350

