

Falling...

WEEKEND WORKSHOP IN FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, APRIL 17/18, 1999

Falling down, falling in love, fear of falling, falling asleep, falling out of favour, falling apart, falling all over yourself...

What is it about falling that is so central to our experience that it can describe so many of our states?

This workshop will explore the theme of falling. What is the relationship between falling and safety, risk, creativity, enhanced abilities and a life that is a little bit easier?

Through *Feldenkrais®-Awareness through Movement®* we will look at the benefits we may derive from a deeper understanding and experience of falling.

If the idea of falling concerns you, be assured that no demands will be placed on you that are beyond your abilities.

This workshop is geared towards participants of all levels of experience with *Feldenkrais®-Awareness through Movement®* and of all ages who are seeking a more familiar relationship with the floor that carries us.

ONE

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|-------------------------------------------------|-------|
| 1. Introduction | 08:38 |
| 2. Talk about Falling | 08:25 |
| 3. Introduction to ATM | 02:41 |
| 4. ATM 1: The smallest fall you can take | 33:29 |
| 5. Discussion (not recorded) | 00:10 |
| 6. Talk: About the Myth of Icarus | 02:43 |

Total **56:19**

TWO

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|---------------------------------------------------|-------|
| 1. ATM 2: Falling to the side | 29:54 |
| 2. Discussion | 01:44 |
| 3. Talk: When do you fall? | 08:39 |
| 4. ATM 3: Reaching and freeing your pelvis | 30:44 |
| 5. Discussion | 01:37 |

Total **72:48**

THREE

| | |
|-----------------------------------------------------------------------|-------|
| 1. ATM 4: Falling in and out of your chair | 20:18 |
| 2. About the <i>Feldenkrais Method</i> ® | 10:28 |
| 3. ATM 5: Improving your balance-falling, rolling & rising | 37:21 |
| 4. Discussion | 02:55 |

Total **71:08**

FOUR

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|-----------------------------------------------------------------------------------------|-------|
| 1. ATM 6: Falling from the ground up-from your stomach to sitting and back again | 32:35 |
| 2. Discussion | 02:20 |
| 3. Talk: Falling from Grace | 02:24 |
| 4. ATM 7: Rolling like a top | 24:00 |
| 5. Good Bye | 00:24 |

Total **61:53**

Complete recording time: **4h 22:08**

The Moment where we begin...

An Exploration between Intention and Action

Weekend Workshop in *Feldenkrais®-Awareness through Movement®*

Presented by Alan Questel

recorded and edited by Konrad Wiesendanger, Lucerne, Switzerland April 8/9 2000, Second edition 2005

When and how do our thoughts and intentions turn into actions?

How often do we unknowingly create unnecessary work for ourselves?

How can we become more like we imagine ourselves to be? The significance of understanding these questions is key to accurately fulfilling our objectives in life.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons we will inquire into this moment between intention and action. By discovering how we initiate the things we do, we can improve our efficiency, reduce our discomfort and create a life more to our liking.

ONE

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|--------------------------------------------------------------------------------------|--------------|
| 1) Introduction | 10:43 |
| 2) ATM 1: Rolling with Your whole Self | 33:25 |
| 3) Marking Time | 02:53 |
| 4) ATM 2: Beginning, Middle, End (can be done from the floor or from a chair) | 12:41 |

Total **59:42**

TWO

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|------------------------------------------------------------|--------------|
| 5) Big Picture, Little Picture | 02:45 |
| 6) ATM 3: Lifting Your Pelvis with more of Yourself | 34:42 |
| 7) Symmetry and Asymmetry: Self Image | 04:07 |
| 8) Intro to ATM 4 | 01:42 |
| 9) ATM 4: On Hands and Knees, Lifting Limbs | 19:48 |

Total **63:04**

THREE

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|-----------------------------------------------------------|--------------|
| 10) Discussion | 07:26 |
| 11) Some Major Concepts of the <i>Feldenkrais Method®</i> | 09:01 |
| 12) ATM 5: Pelvic Clock, Improving the Proximal | 33:24 |
| 13) The Right Way to Do Something | 02:42 |

Total **52:33**

FOUR

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|--------------------------------------------------------------------------------|--------------|
| 14) ATM 6: X-Position: Pressing and Lifting/ Lengthening and Shortening | 25:24 |
| 15) Discussion | 03:45 |
| 16) ATM 7: Rolling From the Opposite Hip | 23:00 |
| 17) Good Bye | 00:44 |

Total **52:53**

The Pleasure of Challenge... the Challenge of Pleasure

Weekend Workshop in *Feldenkrais®-Awareness through Movement®*

Presented by Alan Questel

recorded and edited by Konrad Wiesendanger, Lucerne, Switzerland March 24/25 2001

Did you ever think it could be a challenge for you to have more pleasure in your life? Or could you imagine experiencing greater pleasure when you are faced with a challenge? Pleasure and challenge, experiences that are too often exclusive of each other, will be the focus of our days together.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons you will safely and enjoyably inquire into your process. The results will be an enhancement of your understanding of what you feel, how you relate and how you respond to the challenge of finding more pleasure in your life and the pleasure of meeting a challenge.

ONE

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|----------------------------------------------------------------------------|--------------|
| 1) Introduction to the <i>Feldenkrais Method®</i> / Pleasure and Challenge | 16:17 |
| 2) How to do ATM | 02:16 |
| 3) ATM 1: Pleasurable Arms / Pleasurable Self | 33:00 |
| 4) Discussion | 04:01 |

Total **55:34**

TWO

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|--------------------------------------------------------------------------|--------------|
| 5) Comfort and Breathing | 01:58 |
| 6) ATM 2: Paradoxical Breathing | 25:51 |
| 7) Adaptation to Change / The right way to do something / Getting sleepy | 08:24 |
| 8) Kinds of Challenge | 02:04 |
| 9) ATM 3: Puzzle #1 | 29:57 |
| 10) Frustration, laughter and curiosity | 03:00 |

Total **71:14**

THREE

- | | |
|---------------------------------------------------------------------------------------------------|--------------|
| 11) ATM 4: Even distribution of effort | 24:52 |
| 12) Symmetry-Asymmetry / Learning how to learn / Sustaining ourselves in challenge / Our skeleton | 17:47 |
| 13) ATM 5: Puzzle #2 | 25:43 |
| 14) Tight bellies / How to teach the other side | 04:14 |

Total **72:36**

FOUR

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|---------------------------------------------------------------------------------|--------------|
| 15) What part of you needs to be in a room to be in the room / What is walking? | 07:48 |
| 16) ATM 6: Walking with your back | 27:40 |
| 17) Stability-Mobility / Getting old | 03:18 |
| 18) ATM 7: Taking off your... | 22:15 |
| 19) Thank you and good-bye | 00:50 |

Total **61:51**

Creating Creativity©

Embodying the Creative Process

WEEKEND WORKSHOP IN FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®

PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, JUNE 8/9 2002 Second Edition 2007

At times in our lives, being more creative is something many of us wish for. But how do we access it? Feldenkrais®-Awareness Through Movement® lessons can help you explore, further understand and realize your creative potential. We will look at some of the foundational aspects of what it means to be creative and how we can more fully embody the creative process. As you become more present you will gain insight into your own process and appreciate how you can create your creativity.

If you are looking for a deeper understanding of yourself, an enhancement of your sensitivity and a revitalization of your own uniqueness, this workshop can most definitely be the catalyst to what you are looking for.

ONE

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|----------------------------------------------------------------------------------|--------------|
| 1. Creativity... are you creative? | 16:42 |
| 2. ATM 1: Generating Choices | 45:42 |
| 3. Discussion | 03:25 |
| 4. Intro into ATM - Compulsion, spontaneity, the moment of creativity and habits | 06:29 |
| Total: | 72:18 |

TWO

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|-------------------------------------------------------------------|--------------|
| 1. ATM 2: Exploring the Habitual... & the Non-Habitual | 27:59 |
| 2. Questions and Answers | 08:18 |
| 3. ATM 3: Rolling your Head... and more | 34:02 |
| 4. Discussion | 01:33 |
| Total: | 71:55 |

THREE

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|--------------------------------------------------|--------------|
| 1. ATM 4: From your Belly to... Surprise! | 37:01 |
| 2. More on the processes of Creativity | 18:43 |
| 3. What is Feldenkrais? | 02:02 |
| Total: | 57:46 |

FOUR

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|---------------------------------------------------------------|--------------|
| 1. ATM 5: Intention, Action & Context | 31:22 |
| 2. Discussion | 07:26 |
| 3. Intro into ATM - Where are we in our process? | 01:12 |
| 4. ATM 6: Beginning, Middle & End & Back again | 19:22 |
| 5. Discussion of ATM | 04:40 |
| Total: | 64:04 |

FIVE

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|---------------------------------------------------------|--------------|
| 1. Intro into ATM - Sustaining ourselves in the process | 02:33 |
| 2. ATM 7: Finding your Skeleton | 31:25 |
| 3. Goodbyes | 00:46 |
| Total: | 34:44 |

Complete recording time: 4h 50:47

Uncommon Sensing©

Moving Beyond Your Self-image

WEEKEND WORKSHOP IN FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®

PRESENTED BY ALAN QUESTEL

recorded and edited by Konrad Wiesendanger, Lucerne, Switzerland June 5/6 2004

Our self-image is defined by how we think, what we feel and what we do. How we perceive our world is colored by our personal history which influences our actions and behavior.

The limitations we experience in our life are often caused by ways of thinking, feeling, and doing that we were born into.

To become more of who you would like to be is easier than you may imagine.

Feldenkrais®-Awareness Through Movement Lessons® help you to perceive unknown aspects of yourself.

In this workshop you will discover that it can be easy and fun to move beyond your self-image.

ONE

1. Introduction / Self-image / Simon Says 12:54

2. ATM 1: Shoulderness 40:31

3. Discussion / Throwing a ball/What should we feel? 05:36

Total 59:01

TWO

1. Being three dimensional 03:16

2. ATM 2: Threads and Gentle Fingers 44:00

3. Discussion 03:28

4. Where does your arm begin & end / Born into a language / The truth? / Herniated disks 06:23

Total 57:08

THREE

1. ATM 3- Arms to Your Hips 43:21

2. Discussion 01:59

3. ATM 4: Legs To Your Chest 33:49

Total 79:10

FOUR

1. Discussion 04:15

2. Discussion / Vulnerability / The environments influence / Imagination / Decreasing the effort / Raise your right hand 16:20

3. ATM 5: Pressing and Lifting Your Ribs 39:31

4. Discussion / Awareness...Self-consciousness / Doing less... 07:02

5. Surprise and Discovery 01:38

Total 68:48

FIVE

1. ATM 6: Looking and Lifting...for a Surprise 31:39

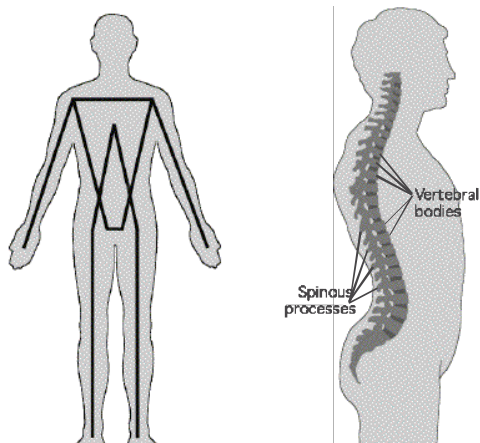
2. Discussion 02:28

3. New connections / Where is your spine? 04:53

4. ATM 7: Moving Around A Central Axis 36:49

5. Discussion & goodbyes 03:50

Total 79:41



Reversibility...ytilibisreveR

WEEKEND WORKSHOP IN *FELDENKRAIS*[®]-*AWARENESS THROUGH MOVEMENT*[®]

Presented by Alan Questel in Lucerne, Switzerland, May 28/29, 2005

"If you know what you are doing, you can do what you want."

M. Feldenkrais

So how do we come to "know what we are doing"?

Developing our awareness is the path to "knowing what we are doing". Reversibility is the keystone to "knowing what we are doing".

It is when our actions become REVERSIBLE that we can truly say we have a choice in what we do and how we do it.

Being able to more easily move from where we are...to where we are going...while being able to effortlessly change directions at any moment will be the focus of our inquiry.

Utilizing *Feldenkrais*[®]-*Awareness Through Movement*[®] lessons we will develop our capacity for "reversibility" and discover its impact on our actions, emotions and thinking.

ONE

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|------------------------------------------------------------------|--------------|
| 1. Intro to the method; liking yourself; reversibility | 12:19 |
| 2. How to do ATM | 02:06 |
| 3. ATM 1: Attention on the return | 41:36 |
| 4. Questions and Answers; what to do when a movement gets harder | 06:25 |
| Total: | 62:26 |

TWO

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|---------------------------------------------------------|--------------|
| 1. ATM 2: Book on the foot #1 | 39:35 |
| 2. Checking in | 01:30 |
| 3. Reversibility, falling and what else is irreversible | 05:21 |
| Total: | 46:26 |

THREE

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|----------------------------------------|--------------|
| 1. ATM 3: Falling reversibly #1 | 37:42 |
| 2. Checking in; habits and pain | 05:08 |
| 3. ATM 4: Book on the foot #2 | 36:40 |
| Total: | 79:30 |

FOUR

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|-------------------------------------------------------|--------------|
| 1. Checking in; working more than we need to; resting | 03:10 |
| 2. Lots of ideas | 20:28 |
| 3. ATM 5: Book on the foot #3 | 50:02 |
| Total: | 73:40 |

FIVE

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|-----------------------------------------------|--------------|
| 1. Checking in | 03:02 |
| 2. Finding playfulness and getting interested | 02:58 |
| 3. ATM 6: Falling reversibly #2 | 34:49 |
| 4. Checking in and a new way of exploring | 02:39 |
| 5. To be reversible we need to... | 04:53 |
| Total: | 48:21 |

SIX

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|-------------------------------------------------------------------------------------|--------------|
| 1. ATM 7: Book on the foot #4 | 49:29 |
| 2. Checking in; interacting with discomfort; novel situations; gauging improvements | 04:59 |
| 3. ATM 8: In and out of a chair reversibly | 22:45 |
| 4. Checking in and closing comments | 02:30 |
| Total: | 79:43 |

Complete recording time: 6h 48:06

Getting Hip

WEEKEND WORKSHOP IN FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®

Presented by Alan Questel in Lucerne, Switzerland, September 23/24, 2006

Want to get hip, literally?

In movement this can be done through discovering your hip joints. Your hip joints are the key to easy and comfortable movement -- but they are also mysterious and hidden from our self-image.

To move from your hip joints is more than just a nice idea, it is an experience you can embrace and utilize more and more frequently in your daily life.

Discovering your hip joints and exploring their potential for movement can help you experience new possibilities for moving through your life with a comfort that you had previously only hoped for.

"Getting hip" is more than just 'being cool'...it is finding an ease and grace for creating more enjoyment in all the things you do.

ONE

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|--------------------------------------------------|--------------|
| 1. Introduction | 15:33 |
| 2. ATM 1: Getting to know your hip joints | 45:31 |
| 3. Discussion | 06:25 |
| 4. Where are our hip joints? And.... | 06:13 |
| Total: | 73:42 |

TWO

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|------------------------------------------------------------------------------------|--------------|
| 1. ATM 2: Hooking your toe #1 | 40:08 |
| 2. Discussion | 05:05 |
| 3. Our whole self! Pain...when? Function, learning and our internal conversations. | 07:49 |
| Total: | 53:02 |

THREE

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|-----------------------------------------------------------------|--------------|
| 1. ATM 3: Getting to know your hip joints in another way | 35:49 |
| 2. Discussion... and a short experiment | 05:03 |
| 3. ATM 4: Hooking your toe #2 | 20:18 |
| 4. Discussion | 04:21 |
| Total: | 65:31 |

FOUR

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|---------------------------------------------------------------------------------------------------------------|--------------|
| 1. Discussion...pain, taking care of ourselves, the use of our attention, trusting yourself...or the experts? | 20:11 |
| 2. ATM 5: Reaching out from your pelvis | 45:35 |
| 3. Discussion | 06:54 |
| Total: | 72:40 |

FIVE

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|-------------------------------------------------------------------------------------------|--------------|
| 1. ATM 6: Hooking your toe #3 | 37:29 |
| 2. Discussion. Symmetry and appreciating differences. | 06:07 |
| 3. Proportional distribution of movement, moving our pelvis from both ends and stability. | 14:29 |
| Total: | 58:05 |

SIX

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|------------------------------------------------------------------------------------|--------------|
| 1. ATM 7: The Feldenkrais Crawl | 39:04 |
| 2. Discussion. Being inclusive of our experiences and a story about Margaret Mead. | 04:03 |
| 3. ATM 8: Towards an upright posture | 26:21 |
| 4. Discussion & Goodbyes | 04:31 |
| Total: | 73:59 |

Complete recording time: 6h 36:59

May The Force Go Through you

WEEKEND WORKSHOP IN FELDENKRAIS®- AWARENESS THROUGH MOVEMENT®

Presented by Alan Questel in Lucerne, Switzerland, April 12/13, 2008

Making our lives easier, more efficient and more comfortable can emerge from a more efficient use of our skeleton, yet it is a hidden and relatively unperceived aspect of who we are.

The function of our skeleton is to bear weight and transmit force, however it is underutilized in our everyday use.

Finding our skeleton can become a new way for us to interact with our environment.

Through Awareness Through Movement we will discover how we can become more "skeletal", resulting in a new and more vital sense of ourselves in a truly foundational way.

ONE

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| 1. Intro and some of the ideas we'll be exploring | 14:15 |
| 2. ATM 1: Using The Ground To Move Yourself | 57:59 |
| 3. Discussion – Using ourselves in surprising ways / A change is how different we are from our habitual way of sensing ourselves | 06:56 |
| Total: | 79:10 |

TWO

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|----------------------------------------------------------------------------------------------------------------------------|--------------|
| 1. ATM 2: Turning Through The Top Of Your Head | 30:45 |
| 2. Discussion – How novelty can affect us / The antagonistic relationship of our muscles / Ben Gurion standing on his head | 05:03 |
| 3. ATM 3: Rocking And Oscillating Through Yourself #1 | 43:27 |
| Total: | 79:15 |

THREE

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|----------------------------------------------------------------------------|--------------|
| 1. Discussion – Stable...mobile... stable... / Uncomfortable or unfamiliar | 03:28 |
| 2. ATM 4: Minimal Lifting – Organizing Yourself At The Initiation | 35:30 |
| 3. Discussion – Lots of ideas | 21:39 |
| Total: | 60:37 |

FOUR

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|----------------------------------------------------------|--------------|
| 1. ATM 5: Impossible Lifting Or Possible Pressing | 45:45 |
| 2. Discussion – And more ideas | 04:58 |
| 3. ATM 6: Sitting to Stand With More Of Yourself | 37:43 |
| Total: | 78:26 |

FIVE

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|---------------------------------------------------------------------------------------------------|--------------|
| 1. Discussion – What changes / Reminding ourselves / The feeling of surprise and utilizing things | 05:07 |
| 2. Discussion – What is a well organized movement / Feelings / Sympathetic vibrations | 05:45 |
| 3. ATM 7: Rocking And Oscillating Through Yourself #2 | 43:22 |
| 4. Discussion – What if I don't feel something... | 02:06 |
| Total: | 56:20 |

SIX

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|-----------------------------------------------------------------------------|--------------|
| 1. ATM 8: Walking With Your Back... Letting The Force Go Through You | 30:59 |
| 2. Discussion – What we do with our bellies / Remembering to like yourself | 03:35 |
| Total: | 34:34 |

Complete recording time:

6h 28:46