

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