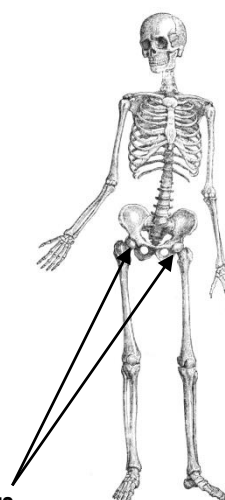


Balance

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, OCTOBER 10/11, 2009

Balance (or the lack of it, describes how you are, both physically and emotionally. You know what it is...but what is it really? Balance is something you only really think about when you lose it. But do you know what you lose? Finding your balance is easier and closer than you think!

In this workshop you will experience some of the fundamental ideas that inform you about your balance as well as ways you can understand it, utilize it and play with it. You will discover how instability can become mobility and how immovability can become stability. Through *Feldenkrais®-Awareness through Movement®* lessons you will explore how it is you have balance, loose it and regain it again.



The location of your hip joints

ONE

- 1) Introduction to the method/learning & movement/what is balance? 19:11
- 2) **ATM 1: Balancing between Sitting and Lying #1** 32:07
- 3) Discussion-Getting used to differences/Struggle/Doing it 'right' / The only principle in Feldenkrais & being inclusive.10:30

Total: 61:48

TWO

- 1) Intro to ATM: When have you felt a challenge to your balance? Do we know how we stand.... 01:46
- 2) **ATM 2: Standing Over Your Hip Joint #1** 36:32
- 3) Discussion-We know ourselves more clearly through movement / Being more skeletal 04:08

Total: 42:26

THREE

- 1) Intro to ATM: Two legged dogs! / Explanatory principles & experiential understanding / Experiencing our center of gravity 03:12
- 2) **ATM 3: Sacral Clock** 45:19
- 3) Discussion – The range of experiences we can have / Adapting the lesson / The sensation of an ideal movement 05:29

Total: 54:00

FOUR

- 1) **ATM 4: Standing Over Your Hip Joint #2** 41:18
- 2) Discussion – Connecting to our everyday moments / Finding our hip joints/Disrupting balance & finding it again / Finding neutral... boundaries... / Stability & mobility 15:43

Total: 57:03

FIVE

- 1) **ATM 5: Standing Over Your Hip Joint #3** 45:13
- 2) Discussion – New feelings, different feelings / Configurations of action 08:50

Total: 54:03

SIX

- | | |
|---|--------------|
| 1) ATM 6: Balancing between Sitting and Lying #2 | 39:01 |
| 2) Discussion – Clarifying antagonistic muscle groups / A proportional distribution of movement | 04:38 |
| Total: | 43:39 |

SEVEN

- | | |
|--|--------------|
| 1) ATM 7: Standing Over Your Hip Joint #4 | 49:30 |
| 2) Discussion – Becoming more skeletal and our muscular activity / You are now using yourself differently... | 03:34 |
| Total: | 53:04 |

EIGHT

- | | |
|---|--------------|
| 1) ATM 8: Lifting and Rolling from the Opposite Hip | 40:31 |
| 2) Discussion – How do we use the ground? / Thank you and goodbye | 02:37 |
| Total: | 43:08 |

Complete recording time:	6h 28:46
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