

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

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

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

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

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

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