

Uncommon Sensing®

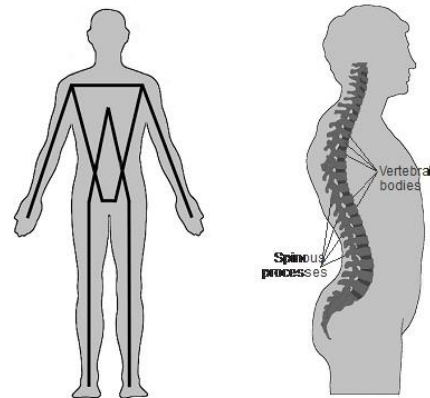
Moving Beyond Your Self-image

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN 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® 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

Complete recording time: 5h 43:48