

# FELDENKRAIS AUSTRALIA

Journal of the Australian Feldenkrais Guild Inc.

November 2012



RE-IMAGINING  
OUR CULTURE,  
DAVID HALL

RUTHY ALON  
WALKS IN KOREA

NATIONAL PAIN WEEK

TIMELESS BODY IN QLD



## EDITORIAL

By Ralph A Hadden

Well, how exciting to be launching a renovated and resurrected national newsletter! I've laboured mightily putting this issue together and breathe a great sigh of relief (notice the diaphragm, intercostals, and abdominals) as it goes to press. I hope in future issues to have more of a team alongside me- see "Seeking Journal Staff" at the end of the journal- but I have enjoyed the solo adventure of entering the new territory. And this is the theme of our cover and David Hall's feature article. We are explorers and adventurers; let's develop this notion and utilise wonderful images to illustrate our exciting journeys.

I used to write the editorials for the Victorian newsletter, VicNews, quite freely, working on the assumption that no one ever bothers to read editorials (and then was surprised that some people actually did read them!) I'll continue to assume this for Feldenkrais Australia editorials.

What I've been reading. For entertainment: *One of Our Thursdays is Missing* by Jasper Fforde, the latest

venture into the fantasy Book World; such clever, witty writing. Non-fiction: *Court in the Middle* by Andrew Fraser, a rogue Melbourne lawyer descends into cocaine addiction, the pack of cards collapses and he endures 5 years in jail. Intriguing yarns of crime and police corruption but the descriptions of jail are horrendous- callous, brutal and stupid, such a waste of human beings. Jail reform is urgently needed, but who has the political will to take it on? And lately I have been asked to do some FI on an injured dog, so have gone back to have a look at Linda Tellington-Jones' *The Tellington TTouch*, her adaptation of her Feldenkrais training to animals.

Happy reading beloved Feldies!



## ABOUT FELDENKRAIS AUSTRALIA

Feldenkrais Australia is the journal of the Australian Feldenkrais Guild Inc and is intended for Feldenkrais Method® practitioners and trainee practitioners. Content is copyright © 2012 by AFG Inc. The Feldenkrais Australia journal is mostly made available to members via the internet, with some members receiving a hard copy, at their request. The journal appears approximately twice a year. Next issue is planned for April 2013; deadline for material: 28th February 2013.

Awareness Through Movement® and Functional Integration® are registered trade marks; Feldenkrais Method® and CFP® are certification marks of the Australian Feldenkrais Guild Inc.

Please address all correspondence to the editor,  
Ralph A Hadden:

**Email:** [nationalnewsletter@feldenkrais.org.au](mailto:nationalnewsletter@feldenkrais.org.au)

**Mail:** Feldenkrais Australia, AFG  
5 Windermere Court  
Blackburn VIC 3130

Cover: Detail of Archibald Prize winning portrait by *The Histrionic Wayfarer, Self Portrait with Smudge (after Bosch)* 2011. Many thanks to Tim Storrier (via Janet Storrier) for giving us permission to reproduce his painting on our cover. I thought it ideal to illustrate our feature article from David Hall.

# CONTENTS

## NEWS

AUSTAB NEWS ————— 01

AFG ON THE WEB ————— 01

## FEATURES

EMBRACING CHANGE ————— 02

RE-IMAGINING OUR CULTURE ————— 05

PHOTOS ————— 14

## REPORTS

NATIONAL PAIN WEEK –  
HOW DID IT GO? ————— 15

WALK FOR LIFE KOREA ————— 17

SYMPOSIUM THONGS INTO  
REAL PROJECTS ————— 19

## NEWS FROM THE DIVISIONS

NEW SOUTH WALES ————— 20

VICTORIA ————— 21

QUEENSLAND ————— 22

## TRAININGS

BRISBANE, MELBOURNE ————— 24

SEEKING JOURNAL STAFF ————— 25

ADS ————— 26

## ADVERTISING RATES

Quarter page: \$40

One third page: \$50

Half page: \$75

Full page: \$140

Appearance of an advertisement in this journal is not an endorsement by AFG Inc of the advertiser or their products / services.

# NEWS

## AUSTAB NEWS

Miranda Foyster, chair of AusTAB, reports: Susan Hillier has submitted her Trainer application and Zoran Kovich has submitted his Trainer Candidacy application to AusTAB.

("Trainer candidacy" is a process of transition for those *actively* seeking Trainer certification. The first phase is to fulfill the criteria to enter the "trainer candidacy phase". The second phase is to work with a guidance committee or (an alternate way) to fulfill and demonstrate "trainer competencies.")

## AFG ON THE WEB

News and information is updated regularly on the AFG website. Visit the public News & Events and logon to Member News [www.feldenkrais.org.au](http://www.feldenkrais.org.au)

And 'Like' us on Facebook:

<https://www.facebook.com/FeldenkraisAustralia>

or follow us on Twitter:

<https://twitter.com/FeldenkraisAus>



# FEATURES

## EMBRACING CHANGE

A message from the outgoing national president

By Holly Huon

*Holly (Melbourne 1991) was national Vice President from 2007, President from 2010 as well as Victorian division president for many years, and is the AFG representative to the IFF. She practises Feldenkrais in Melbourne. Many thanks to you Holly for stepping in to cover the national presidency and for your many years dedicated service to the guild. RAH.*

As in the concepts of the Feldenkrais Method itself, adaptation to change or reorientation to changing circumstances is the key to survival or, I would suggest, the means to flourish...

### Thoughts and reflections

My first task is to welcome our new national newsletter editor, Ralph Hadden, in this his first edition. Ralph has now followed several dedicated practitioners, who have steered "Contact" from the earlier years of the AFG. Recently, we had a lapse whilst we reflected on "ways to move forward, the How and What to do with this vital means of exchange and contact with each other within the AFG.



## EMBRACING CHANGE A message from the outgoing national president *By Holly Huon*

### About Ralph

Ralph is a Melbourne practitioner, graduating from the Sydney training in 1990. He has been editor of VicNews (the Victorian division newsletter) and Victorian Committee member since 2009. He was accredited as an assistant trainer this year. The VicNews was very much enjoyed and appreciated by the Vic members, so we can be assured the National Newsletter is in good hands and we can look forward to how we evolve this new era together.

My second task is to welcome Eric Kiernan to the role of president, as I am stepping down as president of the AFG. (I will remain on the committee till the next annual general meeting.)

### About Eric

We are also fortunate to have Eric come forward. In a previous life, Eric was Dr. Kiernan, an academic in economics. Then, he graduated from Melbourne 3 in 2008 and now Eric describes himself as helping people over the last 25 years to build "Adaptive Capacity" using the tools of voice dialogue, aikido and the Feldenkrais Method. He applies these ideas to working with individuals, couples and organizations. To my mind he also brings energy, verve and a creative, often

radical, mindset with him.

### So, to survive and flourish

According to Wikipedia:

- Flourish is to thrive, prosper, bloom, brandish, wave....
- Flourishing is to live within optimal range of human functioning, one that connotes goodness, generativity, growth and resilience

My favourite is

- A flourish is a juggling trick in which the performer spins the club around his or her finger. The club actually makes two revolutions around its centre of gravity.

As I reflect on the way forward for Australian Feldenkrais, culture, community and organization, I favour the flourish perspective. Ralph and Eric are two who can certainly flourish and I can think of so many who "have cut a dash" or a "flourish". Just now, Karol Connors and Susan Hillier, gaining accolades at the recent FGNA conference, upping Australian contribution to the global sphere of neuroscience and research and its relationship to the Feldenkrais Method. And there are those who run or twirl in many different

parts of our diverse community. Some very quietly in the wings like Liz Carey and Miranda Foyster. Groups have also had a particular flourish such as the Pain Group participating in several arenas. The FM itself is now making a flourish as we can make the statement that the FM is the embodiment of neuroscience, as per the FGNA conference with the backing of prominent neuroscientists.

Regarding the AFG organization and the FM in Australia. It seems to me we've been moving along a paradoxical path. Most of us holding to the passion and belief in the method with continued respect and awe of the brilliance of Moshe's creation and heritage. At the same time for many of us the priority is to have stronger practices; yet others are not too concerned about practice or showcasing or stepping our work into the community or engaging spiritedly with the organizational side.

Within the AFG organization, there is also flux and change, our active membership now at 232 with 180 certified, has decreased over the last few years. Trainings have to work hard to gain students and be financially viable. And yet! Continuing education across Australia is a major flourish, an amazing

## EMBRACING CHANGE A message from the outgoing national president *By Holly Huon*

diverse range of choices, well attended and loved by practitioners, often with waiting lists.

Interestingly, this paradox seems worldwide. Recently at the IFF assembly held in Jerusalem this year, which I attended, the issues of viability of trainings, growth of active Feldenkrais practitioners practising, making a livelihood and the sustainability of the guild organizations were on the top of the core topic list.

At the same time we were visiting Moshe's grave in Tel Aviv, visiting his home and office in Nachmani street and being enthralled by stories of his early



*Moshe Feldenkrais, photographed by Hans E. Czetzok*

students, sharing our passion, curiosity and belief in this cherished man of ours and his work. Also in discussions came more information on the challenges to the policies and procedures in the training arenas in Europe and North America. The guilds are becoming more engaged as the community realises the cost of the rigidity of the structures set in place 20+ years ago that have not allowed ongoing adaptation and evolution. I was satisfied that all this was being talked about and that change is now inevitably underway. Likewise at home here in Australia we continue to revisit these themes with the knowledge that paradox is implicit in our work, holding the seeming opposites or unbelievable truth, the magic, mystery - the science, the unknown - the known, rules – no rules, profession organizational – web network model.

My thoughts are that it's now time to embrace change with a flourish, each of us connecting and engaging, taking risks, offering up our ATM at every chance, offering our FI to whoever looks as they could benefit, diving into the discussions, expending our energy to forge a path ahead. This way is to go together, and perhaps, on even more than the twirl of two revolutions around gravity!

And please, every good twirl deserves a clap, so keep your emails flowing, connect to the web regularly, pick up the phone and give a cheer when you see a good act, and insist that it's your turn for centre stage when the moment strikes. ■



## RE-IMAGINING OUR CULTURE

### Towards an inspirational representation of the method

By David Hall

*David (Sydney 1990) is a Sydney based practitioner, Assistant Trainer, Alexander teacher and manages the Communications portfolio on the AFG National Council. He is an intrepid and creative explorer of applications of our method and here passionately addresses our image problems with bold, audacious ideas for better ways to present ourselves. He hopes this article will provoke vigorous discussion in our community. RAH.*

The problem practitioners face when representing the Method to the public is that we often forget how incredibly exciting it is. When looking for an image to place on a leaflet or website we forget about our part in the ongoing discourse of what it is to be human and instead present the Method as a mass entrainment or clinical treatment. We have a tendency in our imagery, I assert, to represent the Method as a body devoid of soul.

This article was provoked by an assessment of the

Australian Feldenkrais Guild website from the public's perspective. To be honest I was less than impressed by the website but wrestled with how I could do a better job. How do we make an adequate visual representation of what we do?

As luck would have it, I had an epiphany. I was reading an interview with Dare Jennings, the founder of a clothing company called Mambo. Interesting character. Bear with me while I tell his story. He initially created a record label in order to assist his independent musician friends. That in turn became a successful imported record store called Phantom Records. Phantom also sold t-shirts and other accessories related to the indie sub-culture. As the clothing became more profitable the records disappeared and Mambo came into being.

Mambo clothes featured bright colours and iconic imagery deeply rooted in the alternative surf culture of Australia. Read that as a lifestyle choice that involved travelling up and down the coast looking for the perfect wave. It included disdain for the straight life of work,

money and responsibility. It was all about the ocean, the sand, music, love, recreational drugs and freedom. Essentially it was a teenage or 'drop out' culture of the 60's (Think Timothy Leary -Turn on, Tune in, drop out) not really suited to adults with a family. Very appealing of course for frustrated wage slaves or those trapped by the unrelenting business of being comfortably numb.

He sold the company a few years ago for twenty million dollars. Not bad for a person with no business training. His new venture began in a shop in an inner city suburb called Camperdown. It was called 'Deus ex Machina'. It's a groovy looking café that sells custom built motorcycles. They're expensive machines inspired by the motorcycle rebel culture of the 1950's. Think Marlon Brando with wind in his hair. The building is a two-story factory painted white with a stencil of a motorcycle and the brand logo spread over the whole façade.

He mentioned in the article that clothing accounts for 30% of the profit and that the brand is taking off. Just as with Mambo, the imagery of a sub-culture is becoming popular with a mainstream in search of identity. They may not buy the bikes but they'll have a coffee whilst enjoying the ambience and they'll buy clothing and other merchandise.



My epiphany was that people were not buying a product per se. They were buying identification with a culture that expressed a part of them that as yet, remained hidden. They didn't have to ride the motorcycles to achieve this. They were just had to display the symbols. It's similar to the 'like' button on Facebook. I had my epiphany after I read this quote from Jennings - 'I'm

not interested in anything unless it has a soul, a culture and a tangible purpose.'

Brilliant. We know the Feldenkrais Method has a soul. It's the experience

of limitless being implicit in mindful practice. We have plenty of tangible benefits as well. But what is our culture? At first glance, it seems, we have no culture.

I assert that this lack of identifiable culture is a major reason why we are invisible to the mainstream. You see, imagery comes from culture and having no imagery makes it hard for people to visualise or

connect with the Method as we describe it. Let me elaborate with what may be a familiar story.

For twenty-five years I have been trying to market the technique by talking about its benefits and what it is. I have spoken and written about how it works and why it's so good, endlessly and with very little

success. I thought my problem lay with a lack of understanding of the work, or perhaps an inability to say what it is.

As years passed I began to groan when people, who were clearly not that interested, would ask me what I did. To explain the technique

took time. It couldn't be reduced to the few sentences necessary to grab their attention. Perhaps you have had this experience? Perhaps you too feel you've been banging your head against a wall for years and years.

We use many, many words to describe the method and in our day and age we need something more concise.

We need imagery. But how do you find it?

We only have to look at any Feldenkrais website or leaflet to realise that attempts to date have not really hit the mark. I'd like to suggest that we're looking in the wrong direction. It is the culture around a thing, often more than the thing itself that offers meaning and inspires identification in the mind of the general public. Imagine if they sold Coca Cola by talking about its history, qualities and benefits.

Think of Yoga. It definitely has a culture. What comes to mind? Perhaps young people in cotton pants eating bean sprouts? A person meditating? A yoga mat? A Sadhu, a temple or other images of India?

Now think of Pilates. Perhaps gym culture? I imagine a mother in a leotard stepping out of an SUV with an exercise ball or a room with a machine that looks like the rack.

Think of Coca Cola. Perhaps you see the young and single having fun with novel toys. If you identify with any of these images you are more likely to be interested.

Now, think of the Feldenkrais Method. What do you see? Possibly nothing, perhaps an ATM class? Perhaps you see a concerned practitioner in an empty room thinking of where their next client will come from?

For twenty-five years I have been trying to market the technique by talking about its benefits and what it is. I have spoken and written about how it works and why it's so good, endlessly and with very little success.

Of course we do have a culture but I feel it has been subsumed by an over-identification with the training process and 'clinical' practice. Feldenkrais developed his Method to solve a problem – his knee pain. We became interested in the method because it helped us solve problems, be they aches and pains or life direction. I wonder if we identified with personal practice and how it assists us to navigate our lives whether we might be closer to the mark.

Rather than have Amherst-like images of ATM with a large group of people lying passively whilst a demi god walks above them, or images of a practitioner giving FI, why not have images of someone's personal practice space that gives a sense of what problems they use the Method to solve? It could be a musician at his instrument doing ATM or a runner immersed in a foot lesson or Feldenkrais having a 'Eureka' moment.

Another problem with images of trainings or large ATM groups is that it looks like we are offering answers. I mean how different does ATM look to a Yoga or Pilates class or for that matter, FI to an osteopathic treatment? The thing about our method is that we don't offer answers. We offer more questions. It's the questions that are so interesting and it's the questions that need to be represented in our imagery.



*Author's ATM class 200 kilometers west of Alice Springs*

My sense is that if we explore the concept of our culture we will find imagery that truly represents the essence of the work. It is precisely the complicated, difficult to summarise, aspects of the method that make it so brilliant. It takes a long time to explain our work verbally as there are so many possible streams of practice. This in the past has seemed a problem but it may turn out to be an asset. Each of these streams of inquiry relate to a body of knowledge that can be symbolised. If we dress an ATM space with some of these symbols it will have more meaning. It will create a context for what the people in the photo are doing and add meaning for the observer.

We know a symbol or a picture communicates

a thousand words. I feel that if we use imagery to symbolise our place in mankind's quest for understanding it will create a more exciting context for the Method in people's minds.

Now it may be true that most people will not be that interested in actually reading cutting edge cognitive science, learning theory or biology but they may be interested in being part of the latest thing. They may also identify with a quest for the emerging great leap forward.

They will wear the t-shirt or do the lesson in the same way that the corporate accountant may have worn the Mambo T-shirt with the picture of Jesus at a barbecue

with a beer. He won't be leaving his job and heading up the coast in a Kombi van but he will be identifying with these values and feeling good about himself as a result. Doing ATM could be a way for people to feel at the cutting edge.

#### **What is our culture and how do we share it?**

It's a complicated question. There are so many people from so many backgrounds participating in our work, for so many reasons. But I will attempt a definition of a common culture from my own perspective then define a potential market. I will suggest an aesthetic then finish with a few suggestions for imagery. You may disagree with my interpretation. That's fine! I'd like to hear yours. Perhaps we can find a shared vision of culture that inspires us all.

I feel the essential thing about the Method is our use and manner of learning. We don't practise movement, we explore it. We explore movement and our bodies, mindful of the way we embody the circumstances and opportunities of our lives.

We are explorers! Somatic adventurers! We are also healers and teachers but we don't fix people. We share our process of enquiry so that our clients may heal and grow under their own steam, just as Moshe did.



*The Histrionic Wayfarer, Tim Storrier, 2011*

And we are not just explorers of the known. We are explorers of the great unknown. We are at the coalface of the new frontier of the inner world.

Every day we wake up with the same opportunity.

## **We are explorers! Somatic adventurers!**

The mountain of our dreams and desires waiting before us but first there's the business of life. Every day we use, to the best of our ability, the same tools and strategies. Our ingenious work enables us to look beyond our habits and really listen to our instrument for living. It enables us to take those discoveries we make on the floor and apply them to the realization of our avowed and unavowed dreams.

We have a culture of scientific discovery or artistic expression applied to perception of self. We are inspired and informed by new ideas, then realise them in improved movement and action.

So how could we represent this visually? Well of course there are many ways. I will give one option or context but of course there are many others. My intention is to stimulate discussion.

I am inspired by the aesthetic of steampunk. It's a science fiction genre that became a bit of a sub-culture. It features nineteenth century technology with metaphysical or more modern capability. Examples of this could be a sailing ship that flies through the air. A telescope that can see into another dimension or a compass that can determine the consequences of an



action or give hints to a right action. I'm not talking about the costumes or equipment of the genre for our purpose. I'm more interested in the characters, architecture and atmosphere. It features rebels able to perceive their world in new ways and not afraid to pursue their vision.

I feel the steampunk creators appropriated the Nineteenth century as it was, arguably, the birth of the modern world. Freud, Darwin and Einstein, the end of monarchy, the rise of the nation state and the beginning of the isms. We are a century later and on the cusp of another major development in our sense of the world and self. One could argue that the communications, computing, manufacturing, agricultural and educational developments of the last century are in a way an outgrowth of ideas propounded in the late nineteenth century.

We're still waiting for the next great leap forward - That leap in our conception of our self and world, of how we learn and grow and how we all thrive in a sustainable manner. We could use the architectural imagery of that period to express the sense of scholarship, adventure and breaking out of a mould that was part of the period and is still hungered for by a population reduced to mindless consumption.

We need to ask ourselves what are the symbols of our exploration? What are the symbols of who we are? What are the symbols of the potent self? What are the symbols of an exploration that will allow us eventually to rise above our habits of mind? To plumb the depths of our abilities and to live a life that is a true expression of who we are?

What are the symbols of an exploration that will enable us to behave and perceive ourselves as part of a whole rather than just isolated individuals? What are the symbols that will enable us to change our model of leadership from one where it is acceptable for one percent of the population to take ninety percent of the wealth, trash the planet and use war to enforce its will to a model that seeks a nest for all? If we can find a way of expressing this drive for the great leap forward our explanations of the method may find more enthusiastic ears.

There is certainly a need for our work. People in the affluent world are often too busy to pay attention to what is important and have trouble managing life. They are out of touch with their bodies and suffer needless aches and pains. They have trouble with diet and addiction. An industrial model of education and the insatiable demands of our consumer society foster perpetual insecurity.



*Steampunk Airship Pilot, Nicholas Kole, 2006*



Pilates was popular because its message of core strength promised enhanced ability to meet challenge. Many people have not yet realised that strength is not enough! To solve problems requires another way. It requires doing things differently rather than just doing them with more strength.

### **Our Market**

I feel we have a large untapped market out there. It consists of all those people who are dissatisfied with the existing status quo. They know something is wrong in the world but are as yet unable to articulate what will make it better. They are prone to addictive behaviour and are vulnerable to advertising and the distractions of the Internet. They are too busy to have time. Too busy to think of what they really need. They would like to make a change but feel victim to their nature. They know there is a better way. Even if they can't articulate what it is they stand ready to say yes when they see it.

In the nineteenth century the narrative was all about the individual breaking away from the constrictions of society. In the last hundred years the individual has been able to break away but the freedom on offer is as tightly controlled as it was in the past. The narrative in this century is how we break away from the limits of



*Through the Looking Glass, John Tenniel, 1865*

our perceptual habits.

Where in the nineteenth century, self-expression outside the norm was penalised, in the twenty-first century fear of not being good enough to fit the mould makes us punish ourselves. We are just as constricted even though we have all the opportunity and freedom to do what we want.

To break out of this vicious cycle and to live in a world where the holder of the biggest stick realises that taking

more than their share actually makes them poorer is the step we are all waiting for.

It is so close. So near, and so many people are working towards its realisation. We are a part of that drive. We are custodians of a method of exploration that enables us to delve deeply into the unknown world of ourselves. Every time we tune into our experience we sail into those uncharted waters. We sail that little bit closer to the mythical 'great Southern land' of centuries ago.

Everyone wants it. No one knows where it is. No one has an answer. But we have a ship that is about to leave and there is a berth on board for you. Will you join us? Will you take up our magical spyglass and look for what is here?

The realm of our exploration is the body in space. Our secret weapon is the floor. The beautiful, luxurious floor. Our emerging tool is the ability to pay attention to ourselves without the controls of our past. To sense connections and new possibilities of movement then to observe how those discoveries can assist us to navigate our lives. Ours is a work in progress and every person who lies down on our magical floor, takes part in that exploration.

## RE-IMAGINING OUR CULTURE Towards an inspirational representation of the method *By David Hall*

I feel that a purpose of re-imagining the Method is to connect our students with this vast body of growing knowledge. To enable them to feel a part of this massive scholarly endeavour that is reshaping our sense of both our world and ourselves.



*Le Tapis de Fleurs, Brussels, Germany, 2010*

### **What are some of the images I am thinking of?**

First of all we need to make the floor a hero! It must look luxurious! It must feel compelling. The floor is an enormous part of our culture.

I'm also thinking of people being actively engaged in ATM in beautiful scholarly rooms with luxurious rugs and symbols of learning such as bookcases, a globe, a skeleton, a brain or an atomic diagram. It could be a room with the universe on the ceiling. We could draw

symbols on the body – icons of learning. It could also be bodies in the shape of symbols á la Pilobolus Dance Theatre or the photo of the brain below.

We could Photoshop vortex lines around someone doing ATM indicating movement. It could be someone engrossed in ATM and the exquisite carpet is photoshopped to be vibrating .. as if they could fall through it to another world.

It's not just the adventure it's the poetry of life.



*Cogs and Wheels, Dan Kuzmenka, 2008*



## RE-IMAGINING OUR CULTURE Towards an inspirational representation of the method *By David Hall*

We could video a group of people rolling around in a circle in a beautiful space with atmospheric lighting. It could be an old factory with shafts of light pouring onto sumptuous cushioned rugs. Or perhaps of a group of people carrying a rug into a forest, laying it into a grove filled with sun dappled leaves then doing an ATM whilst a cellist and singer play. It would focus on individual exploration and ecstasy then finish with synchronised movement.

We need pictures of the body that make people want to feel their own body. Pictures that make them want to feel water on their body or hunger to be touched.



*Hermaphroditus Asleep, Gianlorenzo Bernini, 1619*

It would be useful to have video of people with great physical prowess doing things in nature. Perhaps a group of Butoh dancers rolling slowly down a hill

covered in grass clippings! We need pictures and videos of movement that inspire us to be in tune with our body and the sensory/spiritual experience of life.



*The Secret Lair of Hans Zimmer, Where He Inspires The World, Trey Ratcliff, 2010*

### First step

The first step the guild is taking involves the development of a series of ATM and FI pictures that focus on the inner experience of movement exploration related to an individual's interest and the sanctuary of personal practice. These photos are for a new brochure and the website. However, the delineation of our culture is a project that goes beyond the brief of a guild committee. It is something we all need to be a part of.

What is our culture? What are the various streams of somatic enquiry that inform us and how are they expressed in the world? How would you visually express those moments of learning that have helped you to live fully your avowed and unavowed dreams? What is your ideal practice space? What is your own vision of the method?

This article presents my own perspective. Its purpose is to stimulate discussion and to inspire a new approach to how we represent the method. I feel the essence of the Method is in danger of being commodified. The imagery of the Method needs to be rescued from the limitations of profession definition and returned to the coalface of somatic enquiry. Perhaps you disagree or have another great idea? There is a forum on the website. Please join in the discussion and submit



your own photos, videos and stories. The web link is [www.feldenkrais.org.au/forum/general-discussion/delineation-culture](http://www.feldenkrais.org.au/forum/general-discussion/delineation-culture)

I look forward to hearing from you.



*Phillips Exeter Academy Library, Alex Roman, 2008*

Have a look at -  
[www.thirdseventh.com/index.php?/4thdimension/film/](http://www.thirdseventh.com/index.php?/4thdimension/film/)

Perhaps what Alex Roman has done for architecture we could do for Awareness Through Movement. ■



# PHOTOS



*Larry Goldfarb in Melbourne, August: Mastering the Method 2 Advanced Training and public workshop, Beyond Physical Fitness.*



*Paul Newton Scoliosis Advanced Training in Melbourne, May.*

# REPORTS



## NATIONAL PAIN WEEK – HOW DID IT GO?

By Lisa Campbell

*Lisa (Melbourne 2001) practises in the Bayside area of Melbourne, served for several years on the AFG(Vic) committee as*

*Continuing Education facilitator and has a special interest in the Feldenkrais treatment of pain. She writes on behalf of the AFG Pain Team which consists of Lexine Anastasios, Maxine Thompson and Lisa. RAH.*

National Pain Week (NPW), July 22-28, was organised by Chronic Pain Australia (CPA), a consumer advocacy group. The AFG Pain Team saw this as an opportunity get the word out about how effectively the Feldenkrais Method can assist people with persistent pain.

### What did the Guild do?

AFG national council supported the involvement of the Guild and its members by:

- providing administrative and coordinating assistance with many emails and phone calls to liaise with the NPW organisers
- informing members
- suggesting ways of being involved

- providing information for practitioners on working with people with persistent pain
- sponsoring Lisa Campbell as AFG delegate to the 'Painful Truths' workshop held in Canberra
- promoting member events through the AFG website and networks

### NSW Division:

- took on the financial and organisational challenge of being a sponsor of the 'Festival of Hope' in Parramatta
- set up and manned a display booth at the 'Festival of Hope'
- Litzi Lemberg presented the Feldenkrais Method to the public at the 'Festival of Hope'
- sent Karen Sellman as a second delegate to the Canberra workshop.

NSW and Victorian Divisions also ran pain workshops for Feldenkrais practitioners to update theoretical and practical understanding about the Feldenkrais Method and chronic pain.



*Lisa and Maxine Thompson*

### What did members do?

Six members in three states listed events on the AFG website, ranging from free attendance at classes, to workshops and information sessions.

Feedback from these practitioners was mostly positive. In general, they felt that linking an event to NPW was a good way to generate interest and to get themselves motivated to organise something. Interestingly, it seems that most people attending these sessions were recruited from the practitioners' own extended networks rather than from the AFG or NPW websites. There was a lot of dissatisfaction with the NPW website, which was very slow to list events and sometimes did not list them accurately.

### What were the benefits?

- **Elevated profile of the Feldenkrais Method** – people with chronic pain, health practitioners and the

wider community were exposed to the Feldenkrais Method through various avenues: the Feldenkrais logo on each page of the NPW website; the stand at the 'Festival of Hope' in Parramatta; Litzzi Lemberg's presentation at the festival; conversations and networking by the AFG delegates at the Canberra workshop; workshops and classes run by individual practitioners.

- **Expanded knowledge, insight and confidence of Feldenkrais Practitioners** working with people with persistent pain.
- Some of the practitioners who ran events have **gained clients**. Most of the participating practitioners felt they gained knowledge and confidence from the experience of organising an event.
- **We hope that more people with chronic pain have been, and will be, helped by Feldenkrais practitioners** as a direct result of our involvement in NPW.

### And next year?

This was the inaugural National Pain Week and it is likely to grow in community awareness in coming years. The events provided an opportunity to expose the Feldenkrais brand directly to a target audience of people who may have long-term pain, and also to a

broader audience of health professionals and people with an interest in the pain arena.

We will need to make a decision about AFG involvement in NPW in 2013. We would be very interested to hear members' views on this. If we were to be involved again, we would provide information about some of the more successful events from this year and encourage more practitioners to run events.

I am very happy to discuss this with you by phone or email, and would also love to hear if you did something for NPW that we haven't heard about. Several practitioners have also suggested linking to other 'awareness weeks' throughout the year.

Many thanks to the AFG national council, to AFG Executive Officer, Liz Carey, to the NSW Guild for sponsoring the Festival, and to all the practitioners who participated. ■

*\*\*Also visit the National Pain Week website [www.nationalpainweek.org.au](http://www.nationalpainweek.org.au) to read about the "10,000 faces campaign", which aims to bring the topic of chronic pain to the government and to improve community awareness and understanding of this problem.*





## WALK FOR LIFE KOREA

By Jennifer Groves

*Jennifer (Brisbane 2000) works out of a home studio in Mullumbimby, offering FI, Bones For Life, Walk For Life and BFL*

*Chairs. Jennifer teaches BFL trainings annually in Australia, and in the Asia Pacific region (Korea and India). RAH.*

In August this year I was allowed to assist Ruthy Alon (senior Feldenkrais trainer and originator of Bones for Life) in Korea's first 'Walk for Life' Training at 'Sungshin Women's University', Seoul. Seven Australians joined in: Myself, Rangimarie Ferguson, Christine Heberlein, Maxine Bachmayer, Ruth Avery, Rochelle Francs, and Margaret Kaye

"We all had such a wonderful time and it astounds me how at 82, Ruthy keeps on developing her amazing work. I am humbly grateful for her guidance, training and support".

The students were all high level, functional movers from backgrounds like pilates, gyrotronics, dance and gym instructors. Some are already BFL teachers/

trainers, and some Feldenkrais practitioners. Koreans traditionally sit on the floor, squat and move easily and rarely suffer from the obesity found in the West. They are a honour to work with, respectful and their enquiry is deep and intelligent.

The 'Walk for Life' is the Fourth limb of Ruthy Alon's huge contribution to somatic integration, following on from her 'Bones for Life', 'BFL Chairs' and her 'Mindful Eating Program'.

The walking workshop incorporates Nordic walking poles. The model is derived from evolutionary patterns of locomotion. Part of the class is done indoors – working on the floor, in chairs, with a wrap (7 metres of calico) and standing. Part of the class walks outside with the walking poles. Below are some of the strategies that the program works with.

- **Propulsion** - refining the alternating shift of weight from one leg to the other in walking; undulating rhythmically in a multi-dimensional wave pattern.
- **Impact** - clarifying how we can outsmart gravity, and generate how we mobilize with each step



*Ruthy Alon uses the wrap to strengthen the leg by building up the resistance process*





*Ruth Avery in front – sliding feet on wall process – opening ankle joint*

striking the foot onto the ground, loading the body with impact and rebounding elastic forces moving upward through the skeleton.

- **Alignment** - training the skeleton to recreated its alignment in a streamlined trajectory for the transmission of two way force. The body mass bearing down, and well as the spring reaction up, streaming from end to end, without loss, deviation, or compression in a domino-effect quality.
- **Walking poles** revive the arms as primal function of 4 legged animals. Transmitting a counter force which thrusts the shoulder blade backward to the spine. The poles become a prop for restoring vital articulation in the most stiff area of the upper back. The poles also empower the ballistic factor of propulsion. Through being an extension of the arms, they reach to interact with the ground, generating an

impact of a higher mobilization potency, than what a human's bi-pedal leg can produce.

- **Walking poles**, much like swimming, offer use to 92% of the muscles of the body and give a wonderful full cardio workout.

"The Australian contingent were delighted and moved. Our hosts were incredibly gracious. We laughed, we played, we wrapped up in the beautiful colourful BFL wraps, we went for walks outside in a park next to the university grounds. It was very hot and humid and we ate lots of wonderful Korean food. Of course we also shopped and explored traditional Korean bath houses, had massages, exfoliation and facials. The connection of Sydney, Melbourne and North Coast people and the sharing of this beautiful body of work in this environment was truly wonderful. I hope I can somewhat emulate Ruthy's enthusiasm for this continually inspiring work and offer the learning space she is expanding."

Excitingly I have been invited to India to train BFL programs there in March next year. For info on Oz BFL see my website [www.bonesforlife.com.au](http://www.bonesforlife.com.au). For more photos on Korea please explore our photo album on our Facebook group "Bones for Life Oz without borders" and please join in the page dialogue. ■



*Ruthy Alon – walking poles outside in the university park*



## SYMPOSIUM THONGS INTO REAL PROJECTS

By Lesley McLennan

*Lesley (Melbourne 1991) was one of the heroic organizers of last year's fabulous Symposium in Brisbane. She writes on behalf of the Symposium Fund Team, AFG(Qld). RAH.*

Do you remember grabbing a thong and writing down an idea during the Australasian Symposium last year?? You may not have written on a thong – but are you curious to know who won their funding?

Here is a quick recap on the criteria that proposals needed to meet:

- primary applicant had to have attended four days of the Symposium
- outcomes must benefit Australasian Feldenkrais Practitioners and the wider community
- project must demonstrate a collaborative approach
- be connected to the work of Dr Moshe Feldenkrais and an “elusive truth”
- be well planned adequately resourced, sustainable and achievable.
- demonstrate personal contribution and/or attracted

support from other sources.

- The funding is designed to assist in costs for materials, travel, equipment, expert assistance or other expenses necessary to complete the project. The funding will not be given to cover labour or time of any member named in your project group.

Well four people became the recipients of “Thong Funding”.

**Anna Yen** (Brisbane) – to assist meeting with 7 international theatre and Feldenkrais practitioners in Barcelona under the tutelage of Monika Pagneux, and to investigate “big” and challenging ATMs. She used most of the funding to subsidise travel to Cairns and Townsville, to promote Feldenkrais into the performing communities there, through use of these challenging ATMs.

**Eva Culek** (Canberra) – to partner with Dr Sellbach a lecturer in 20th Century Philosophy with a research focus on embodied imagination. Eva and Dr Sellbach will be exchanging practices to find common ground between somatic experience and philosophical

dialogue. And will be delivering their results to a test group to refine their new material.

**Caryn Truppmann** (Auckland) – to partner with NZ Feldenkrais Guild, Unitec's Dept of Performing and Screen Arts to produce a 15min film on using Feldenkrais Method with Cerebral Palsy children. The film will be made available for use to NZFG and AFG members.

**Stefania Penkala** (Sydney) – a collaborative research project through University of NSW on “Effect of a workplace mindful movement Feldenkrais program on psychosocial health, functional fitness and ergonomics: A randomised controlled trial”.

**Anna Yen** has completed her project, and will be giving a one day workshop on this work to the Qld Feldenkrais community on 1st December, as a thank you – it could be worth your while coming to Brisbane for this so let me know ([lesley@potentself.com](mailto:lesley@potentself.com)) if you need more details.

All other projects are still in process. We will keep people posted as projects complete. ■

# NEWS FROM THE DIVISIONS

*This is a “first approximation”, using what was at hand at the time of going to press. In future issues of this national journal I plan to have a section for news from each of the 5 divisions of the AFG. I recommend that each division appoint a “Division Editor” to collect and submit news from their part of Australia.*

## NSW

*By Susan Roxon*

NSW Guild activities in the last half of the year included -

- Paul Newton's Advanced Training 8-9th June 'The Essence of a Dynamic and Flexible Spine'. The DVD package will be available to practitioners when it is completed.
- A CD of 4 ATMs has been compiled for members of the public, from Petra Koch's Training "Finding Spaciousness". Cost \$20 + \$2.50 postage and handling\*
- Larry Goldfarb gave 2 public workshops in August:- 'Limber Limbs' and 'Moving Beyond physical Fitness' . 2x CDs are available Cost of each: \$15 attendees, \$20 non-attendees + \$2.50 postage and handling \*
- Understanding Pain on 7th July, a one day workshop for practitioners presented by Lisa Campbell and Maxine Thompson. A CD and manual are being prepared
- The NSW Guild also sponsored a stand at the one day exhibition 'Festival of Hope' (on chronic pain) in Parramatta, and 2 Feldenkrais practitioners to attend the 1 day presentation "Painful Truths" for medical personnel in Canberra
- NSW guild sponsored a public workshop on Saturday 20th October "Spring into movement" at Punchbowl Community Centre, presented by Diane Lunniss.

\*Order DVDs and CDs from Christine Heberlein  
[cheberlein@ymail.com](mailto:cheberlein@ymail.com) ■

# VICTORIA



## OPPORTUNITIES FOR PRESENTERS

By Marilla Homes

*Marilla (Melbourne 2008) is Continuing Education officer in the Victorian Division AFG committee. She operates the Opera Studio & Wellbeing Centre in Brunswick, which includes Feldenkrais, Remedial Massage, singing lessons, performing, and performance coaching. She teaches ATM to musicians at the Victorian College of the Arts and Music, and sings with Victorian Opera and regularly at festivals around Australia.*

The Victorian Division committee of AFG recently had a planning meeting around Continuing Education. It was decided that the following statement sums up our objective:

**The AFG (Vic) aims to support our members by providing a diverse range of Continuing Education opportunities.**

Here in Victoria, the committee is currently planning Continuing Education for 2013 and 2014 and beyond. We are looking to set up a structured program with a wide variety of training opportunities, and we are

looking to focus on (but not limiting to) Australian presenters.

These possibilities include a series of regular, 2-hour evening seminars, forums and workshops; half day and full day workshops, or two half day workshops on the same day; weekend workshops or longer; the Annual Community Day; and, further down the track, the possibility of a weekend retreat.

We are looking at doing a 2-hour evening seminar every two months in January, March, May, July, September and November, for Guild members only. Our Victorian AGM is in February and we will be offering an ATM.

We are considering having the Community Day in May, and at least two weekends for half day, full day or weekend workshops in April and August. Other options are available, depending on your suggestions.

We are calling for input and suggestions from our members regarding what you would like to see offered by the Guild (in Victoria) in the coming years. This includes who you would like to learn from, topics,

style and length of workshop/presentation, and venues you would like to see used.

Letters have already been sent to all Australian Trainers and Assistant Trainers asking what they would like to present. We also want to provide a space for ALL practitioners and trainees to be able to present something if they wish, such as at the shorter evening seminars or workshops.

We are also interested in hearing your suggestions and recommendations for possible presenters from *outside* the Feldenkrais field who would be able to offer a valuable contribution to the learning of our community. This includes people such as those who presented at the Brisbane Feldenkrais Symposium, or colleagues you may work with in another field who have knowledge and expertise that would enrich our community of practitioners.

Please contact me with your suggestions:

**Marilla Homes, CFP**

0414 973 836

marilla\_rhyll@hotmail.com

1 Fifth Avenue, Brunswick, Victoria 3056 ■



# QUEENSLAND



## ELEVATING THE FELDENKRAIS METHOD IN QUEENSLAND

By Brad Thompson

*Brad (Brisbane 1993) practises in Southport on the Gold Coast and at the Golden Door Health Retreat. (I can report from Melbourne that there is a steady stream of people seeking a practitioner here after experiencing Feldenkrais with Brad while on holidays at the Golden Door- thanks Brad!). He has trained in and taught Tai Chi Kung Fu and Qigong for over 30 years. Brad is a committee member of AFG (Qld). RAH.*

When I finished my training (Brisbane1) the Feldenkrais Method was largely unknown in the broader community, now almost 20 years down the track not much has changed. I don't know about you but for me this is hugely disappointing especially given the profile that something like Pilates enjoys. So when I was asked to come on to the AFG Qld Division committee this year my first suggestion was to initiate a program to elevate the FM in the community.

In the 25-30 years that the FM has been in Australia practitioners have been actively and diligently

developing their practices and teaching classes and spreading the word largely on an individual basis. My proposal was to bring people together as a team to galvanize practitioners to all push together in the same direction at the same time. I suggested a model that I used to promote Tai Chi and Qigong during my time in Victoria in the 1980s and early 90s where the advertising and promotion campaign was centrally administered.

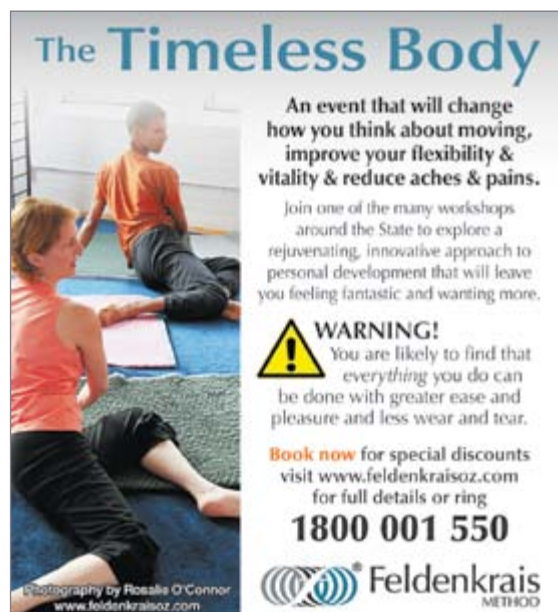
The idea was to run a series of coordinated workshops with the same theme all over South East Qld and Northern NSW with the goal of **Elevating** the FM; **Enlivening** our community and **Enriching** ourselves in the process.

We began planning in March and emails were sent to all practitioners in Queensland and Northern NSW about participating in the workshop series. Initial response was really positive. Most people were excited that the Guild was doing something constructive to help them and were glad to be a part of it. Then we

needed to decide upon a theme and we looked at models that had been used by masters of Feldenkrais promotion like Frank Wildman and Larry Goldfarb among others and we decided upon the title of "**The Timeless Body**".

Initially we thought of coordinating the same workshop with the same content in each one but later decided that each practitioner or team of practitioners could develop their own workshop content based on the theme. All practitioners needed to do was to hire their venue for the weekend the workshops were to be run, over a 2 week period in July. We decided on a 3-4 hour workshop program that each person or team could design themselves.

Lesley McLennan and myself worked together to organize the advertising. The committee allocated \$5000 to advertise the workshops. The bulk of this money was spent on a major ad campaign in the Brisbane Courier Mail and in local papers on the Gold Coast, Northern NSW and the Sunshine Coast. We were fortunate to have Catherine James assisting us in designing the full colour ads that led people to our website where full details of the workshop series were available and we also included the 1800 number. We also designed flyers that were sent out in pdf format



*The Timeless Body ad*

to each practitioner with all their workshop details included. The price for each workshop was set at \$30 to make it accessible to as many people as possible but also to recoup costs and to reward practitioners for their efforts without losing sight of the fact that it was a promotional exercise aimed at introducing the Method to the general public.

Those that were involved received regular email communications about what was happening, what they should be doing and excitement built steadily towards the event. Everyone was talking about it to their students, students were telling their friends,

flyers were being distributed and posted and some did letterbox drops around their venues. The community was Enlivened! Ultimately it was this personal action that had the best results. The response from the newspaper ads was disappointing and we learned a valuable lesson there that in future any funds allocated by the Guild would be better spent elsewhere.

On the back of press releases we sent out and followed up I was fortunate to secure one radio interview with ABC Coast FM which is the regional Sunshine Coast station and as a result of that one interview 2 workshops were booked out!

Overall 14 workshops were run and most were very well attended and the energy created was a great feeling...we all felt enriched! Two weeks after the event we held a debrief session at Lesley's place which a number of practitioners attended. Everyone felt that it was an overwhelming success and that it felt good being a part of a team working towards promoting the Method and getting it out there before the public. However we know this is just the beginning. We discussed what worked, what didn't and how we could do it better next time and we're planning to make it a twice yearly event with the next one set down for March 2013.

I really feel that it is a model that could be implemented on a National level. It doesn't take an awful lot of time or effort, just 2 people running a central coordinating role and then practitioners getting on board, getting excited and Elevating the Method to its rightful place at the pinnacle of somatic learning. If other States are interested I'm happy to help get things rolling. Let's not let another 20 years go by and have the majority of the public unaware that the Feldenkrais Method even exists.

We owe Moshe that much. ■

# TRAININGS

## BRISBANE, MELBOURNE, PERTH

The new Brisbane training commenced last month, with 28 participants, the first segment being led by Trainer and Educational Director, Julie Peck. Good luck to the training and all who sail in her.

Here is a link to the Brisbane schedule:  
<http://www.feldworks.com/feldenkrais-institute-aust/brisbane-course-details/schedule-3/>

Melbourne 4 completed its 3rd year this September. Visitors to either training are welcome, just contact the training organizers, Feldworks at [feldenkrais@feldworks.com](mailto:feldenkrais@feldworks.com)

And news just in! There will be a new Perth training; Perth 3, with educational director Julie Peck, will commence in July 2013. For information contact Sara Elderfield: [sara@yogamoves.net.au](mailto:sara@yogamoves.net.au)  
Mobile: 0415 363 313 ■

*Note: for future issues of this journal I would like to have a "Trainings editor", responsible for compiling news and photos from trainings proceeding (or planned) in Australia (and New Zealand, perhaps). Contact me if you're interested. RAH.*



## SEEKING JOURNAL STAFF

by Ralph Hadden

Compiling this issue of the new, re-jigged, resurrected version of the national journal has been largely a solo effort (with splendid support and encouragement from National Council, David Hall, Liz Carey, Maria Yebra and all the contributors.) I've been happy to do that to get it under way. However I'm hoping for future issues to be even better and brighter by utilizing a team of editors, reporters and compilers. I'll be Perry White grumpily overseeing Clark Kent, Lois Lane Jimmy Olsen et al. And Superman/woman if she/he can be found! Specifically I wish to fill these roles:

### **Content Source editor**

Compile articles, personal stories, case studies, book reviews, interviews, images, information from the scientific world and links to relevant web items. Liaise with practitioners to solicit content, provide guidelines and assist with checking and editing. Also compile AFG Resources list, with assistance from National Secretariat.

### **Advertising editor**

Advertisements in the journal provide a little help towards the costs of producing the journal, inform

members of products and services of use to them and give providers a chance to make themselves known. An advertising editor will facilitate all this.

### **Calendar of events contact**

Source and compile information on continuing education events offered by guild divisions, practitioner training programs and individual members and be the contact person to whom those offering events send their information. I believe this sort of information will mainly be conveyed in the guild's regular e-bulletin, but a listing in the journal, as appropriate, will be a service to members and providers.

### **Online highlights compiler**

Internet junkie required, to alert the rest of us to good bits on the web.

### **Divisions editors**

I request the divisions in each state to consider appointing an editor to compile and convey to me news of activities in their division that would be of interest to their own region and the rest of Australia. If this is done well, I believe, it could relieve divisions

of the job of producing a complete newsletter of their own in each division (combined, perhaps, with a regular e-bulletin, as South Australia is already doing with their *Connections*).

### **Trainings editor**

It would be nice if we could all receive regular news, photos, dates, locations, contact people and even gossip from the various trainings in Australia and New Zealand, and news of new trainings planned.

### **Proof readers**

My thanks go to Ben Rotenberg who is already providing splendid proof-reading for this issue. One or two more proofers would be appreciated. ■



Image by Murray Vanderveer

# A walk on the wild side

24th - 28th January 2013

**Call David Hall on 0404 625 326**

**or Janene Luff on 02 9973 1865**

**For bookings go to**

**[tours@followthatbird.com.au](mailto:tours@followthatbird.com.au)**

**N**ext year, from the 24th to the 28th of January I'll be leading a walk through the Alpine region of Kosciusco and Charlottes Pass. We'll walk within the parallel universe of the bird kingdom as we explore the poetry of our bodies in motion.

I'll be doing this trip with Janene Luff who has been leading bird watching tours throughout Australasia and Asia for ten years. She is the director of 'Follow That Bird' and a long time enthusiast of the Feldenkrais Method. She is a pleasure to walk with. Her gentle observations and stillness of focus have certainly been inspiring for me. The high country is one of those wild places that speaks to the deep reaches of your soul. As we journey further away from our day to day

thoughts. As we tune in more closely to our narrative of sense and sound and consider the world through the eyes of a bird or the nose of a mammal, we can experiment afresh with how we move through this beautiful terrain and be filled with something essential.

Now, all those robust types may think this a rather soft conception of the wild. Well .. it's true. We'll be staying in a beautiful lodge and taking pleasure in food and wine. It should be brilliant.

On my website you'll find a schedule and all the other details.

<http://www.bodylogic.net.au/pages/schedule.php>

I hope you can make it. It will be a great experience.

## SPECIAL OFFER FOR PRACTITIONERS!

Buy 5 copies of **Marvellous Movement : ReMIND your Body using the Feldenkrais Method® daily** (RRP \$35) at a 10% discount and receive 2 Free copies of **More Marvellous Movement : Move well throughout your Life with the Feldenkrais Method®**, and an ebook on CD with an **Audio Awareness through Movement** lesson (RRP \$35).

A profit of \$87.50 for you! A range of 50 ATMs graded Easy, Moderate and Advanced are also available. Check the website for more information.

Madeleine Edgar is happy for you to print out for your clients from the More Marvellous Movement CD ebook, the 9 different body scans, questions to ask yourself and instructions on doing the movements, as long as you acknowledge the Author. The 40 FAQs in the first part are very useful if you are doing media interviews.

Contact Madeleine on 07 5529 5494 or [info@marvellousmovement.com](mailto:info@marvellousmovement.com) to order.



## MOVE OVER ANXIETY

*An audio course with Brigit Cosgrove and Molly Tipping*

*"Great exercises that were very powerful in bringing back more of my human experience into the foreground. I feel much more capable of implementing positive change in my life largely because of your classes. The soft centered feeling I got as a result of the classes really is priceless. Simple and brilliant." – Lee, Yoga Teacher*

Lessons and Scans include:

- Your Personal Anxiety Pattern
- Scanning for Comfort
- Learning Your Limits
- The Initial Habit of Anxiety
- Feeling Small and Tall
- Breathing with 3 Diaphragms
- A Flexible Spine for a Flexible Mind
- Upright and Grounded
- Connecting in All

## COST \$65

Order for Christmas

Audio course contains 4 Compact Discs with over 3 hours of material

Email: [anxiety@FeldenkraisWA.com.au](mailto:anxiety@FeldenkraisWA.com.au)

Brigit (08) 9227 1431 or 0439 483 595



*Brigit (right) has a Master of Psychology degree (Community Environmental) and is a Certified Feldenkrais Practitioner.*

*Molly (left) has a Bachelor of Arts (Dance), is a Pilates Instructor and a Feldenkrais Practitioner.*



Introducing

**BONES FOR LIFE® MOVEMENT INTELLIGENCE**

**2013 Trainings in India with Jennifer Groves**

**New Delhi: 1<sup>st</sup> to 10<sup>th</sup> April**

**Rishikesh: 18<sup>th</sup> to 27<sup>th</sup> April**



**Jenny Groves** is a Feldenkrais practitioner and the leading trainer & Director of **Bones for Life** in Australia. She has assisted its creator, Ruthy Alon, in training in the Asia Pacific region. Jenny offers specialized workshops and trainings from her private practice in Byron Bay, Australia. Her clients range from elite athletes, dancers, yogis, pilates teachers/students, seniors and stroke victims to those with muscular skeletal conditions.

**Bones for Life** pioneers advanced simple movements that enhance bone density and suppleness to cultivate a springy dynamic walk. This easy somatic work is available to all ages and teaches organic movement that minimises bodily strain, leading to an active old age.

**Fee:** \$900 – (scholarships available on written application)

**Enquiries:**

**Renu Gulati** 00 91 9719258121

**Madhav** 00 91 9917892850

**Jenny Groves** [www.bonesforlife.com.au](http://www.bonesforlife.com.au) ; (+61 0266 842738)

**FELDENKRAIS BOLSTERS FOR PRACTITIONERS**

*Taking orders now*

Jane Pentreath 0432 549 953 [janepentreath@gmail.com](mailto:janepentreath@gmail.com)

Soft and hard foam rollers. Quality fitted covers in polyester/cotton fabric available in green and purple with full length zipper for easy removal.

Sizes	Soft Rollers	Hard Rollers	Covers
80 x 750 mm	\$12.00	\$20.00	\$17.00
120 x 750 mm	\$19.00	\$32.00	\$20.00
150 x 750 mm	\$25.00	\$42.00	\$21.00
150 x 950 mm	\$30.50	\$52.00	\$23.00
230 x 270 mm	\$42	\$71.00	\$32.00
<b>Rectangular</b>			
670 X 260 X 70	\$11.50	\$19.00	\$25.00

*Other sizes are available on request, please contact Jane at:*

**Design It Soft Furnishings**

84 Myocum Downs Drive, Myocum. N.S.W. 2482

*you can collect bolsters from me or contact me for postal rates - Jane*

**GREAT NEW RESOURCES FOR EVERYONE**



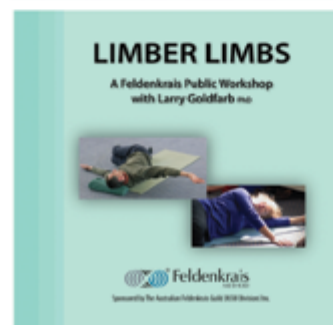
**FINDING SPACIOUSNESS**

We are three-dimensional beings. We exist in space, and we are space. And yet we tend to lose our sense of spaciousness, especially in stressful situations. The four Feldenkrais lessons in this set will assist you to find the fullness of your movement, expand the feeling of space around you, and restore your perception of yourself as a spacious being.

**CONTENT**

1. MP3 Audio Sensing internal body spaces and breathing
2. MP3 Audio Sensing the dimensions of the eye
3. MP3 Audio Golden liquid
4. MP3 Audio Length and fists

**PRICE** \$20 plus \$2.50 postage



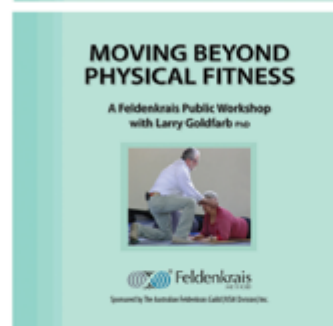
**LIMBER LIMBS**

Uncover new-found flexibility and coordination by experiencing first hand your body's design for effortless, effective action.

**CONTENT**

1. MP3 Audio Talk: introducing workshop themes & shaking hands
2. MP3 Audio Opening the arm to the side
3. MP3 Audio Opening the other arm to the other side
4. MP3 Audio Questions and comments
5. MP3 Audio Rocking and reaching

**PRICE** \$20 plus \$2.50 postage



**MOVING BEYOND PHYSICAL FITNESS**

Movement acquired by daily repetition becomes automatic. This is a blessing, freeing the mind. It's also a curse, because it's frustratingly difficult to change once the 'autopilot' is in charge. Bring your motion into mind to discover effortless strength; unearth movement options, reconnect to your power centre and delight in your capacity to learn.

**CONTENTS**

1. MP3 Audio Talk: introducing workshop themes
2. MP3 Audio Coordinating flexors and extensors
3. MP3 Audio Talk: Self image, habits, and movement
4. MP3 Audio Sphinx - drawing a circle on the window
5. MP3 Audio Exploring shoulder blade movements with a partner
6. MP3 Audio Sphinx - drawing a circle on the window, continued

**PRICE** \$20 plus \$2.50 postage

**ORDERS  
PAYMENT**

Email Lyn Kennedy [lynkennedy@gmail.com](mailto:lynkennedy@gmail.com)

Cheque or Money Order

Payable to: **THE AUSTRALIAN FELDENKRAIS GUILD INC.**

Post to: Lyn Kennedy 2 Warringah Street, North Balgowlah, NSW 2093

Electronic Transfer

Transfer funds to: **The AFG Inc. NSW Division** BSB 032 151 Acc. No. 138 003

