

Falling...

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, APRIL 17/18, 1999

Falling down, falling in love, fear of falling, falling asleep, falling out of favour, falling apart, falling all over yourself...

What is it about falling that is so central to our experience that it can describe so many of our states?

This workshop will explore the theme of falling. What is the relationship between falling and safety, risk, creativity, enhanced abilities and a life that is a little bit easier?

Through *Feldenkrais®-Awareness Through Movement®* we will look at the benefits we may derive from a deeper understanding and experience of falling.

If the idea of falling concerns you, be assured that no demands will be placed on you that are beyond your abilities.

This workshop is geared towards participants of all levels of experience with *Feldenkrais®-Awareness Through Movement®* and of all ages who are seeking a more familiar relationship with the floor that carries us.

ONE

1. Introduction	08:38
2. Talk about Falling	08:25
3. Introduction to ATM	02:41
4. ATM 1: The smallest fall you can take	33:29
5. Discussion (not recorded)	00:10
6. Talk: About the Myth of Icarus	02:43
Total	56:19

TWO

1. ATM 2: Falling to the side	29:54
2. Discussion	01:44
3. Talk: When do you fall?	08:39
4. ATM 3: Reaching and freeing your pelvis	30:44
5. Discussion	01:37
Total	72:48

THREE

1. ATM 4: Falling in and out of your chair	20:18
2. About the <i>Feldenkrais Method®</i>	10:28
3. ATM 5: Improving your balance-falling, rolling & rising	37:21
4. Discussion	02:55
Total 71:08	

FOUR

1. ATM 6: Falling from the ground up-from your stomach to sitting and back again	32:35
2. Discussion	02:20
3. Talk: Falling from Grace	02:24
4. ATM 7: Rolling like a top	24:00
5. Good Bye	00:24

Total	61:53
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Complete recording time: 4h 22:08

The Moment where we begin...

An Exploration between Intention and Action

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*

PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND APRIL 8/9 2000, SECOND EDITION 2005

When and how do our thoughts and intentions turn into actions?

How often do we unknowingly create unnecessary work for ourselves?

How can we become more like we imagine ourselves to be? The significance of understanding these questions is key to accurately fulfilling our objectives in life.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons we will inquire into this moment between intention and action.

By discovering how we initiate the things we do, we can improve our efficiency, reduce our discomfort and create a life more to our liking.

ONE

1) Introduction	10:43
2) ATM 1: Rolling with Your whole Self	33:25
3) Marking Time	02:53
4) ATM 2: Beginning, Middle, End (can be done from the floor or from a chair)	12:41
Total	59:42

TWO

1) Big Picture, Little Picture	02:45
2) ATM 3: Lifting Your Pelvis with more of Yourself	34:42
3) Symmetry and Asymmetry: Self Image	04:07
4) Intro to ATM 4	01:42
5) ATM 4: On Hands and Knees, Lifting Limbs	19:48
Total	63:04

THREE

1) Discussion	07:26
2) Some Major Concepts of the <i>Feldenkrais Method®</i>	09:01
3) ATM 5: Pelvic Clock, Improving the Proximal	33:24
4) The Right Way to Do Something	02:42
Total	52:33

FOUR

1) ATM 6: X-Position: Pressing and Lifting/ Lengthening and Shortening	25:24
2) Discussion	03:45
3) ATM 7: Rolling From the Opposite Hip	23:00
4) Good Bye	00:44
Total	52:53

Complete recording time: 3h 48:12

The Pleasure of Challenge... the Challenge of Pleasure

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND MARCH 24/25 2001

Did you ever think it could be a challenge for you to have more pleasure in your life? Or could you imagine experiencing greater pleasure when you are faced with a challenge? Pleasure and challenge, experiences that are too often exclusive of each other, will be the focus of our days together.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons you will safely and enjoyably inquire into your process. The results will be an enhancement of your understanding of what you feel, how you relate and how you respond to the challenge of finding more pleasure in your life and the pleasure of meeting a challenge.

ONE

1) Introduction to the <i>Feldenkrais Method®</i> / Pleasure and Challenge	16:17
2) How to do ATM	02:16
3) ATM 1: Pleasurable Arms / Pleasurable Self	33:00
4) Discussion	04:01
Total	55:34

TWO

1) Comfort and Breathing	01:58
2) ATM 2: Paradoxical Breathing	25:51
3) Adaptation to Change / The right way to do something / Getting sleepy	08:24
4) Kinds of Challenge	02:04
5) ATM 3: Puzzle #1	29:57
6) Frustration, laughter and curiosity	03:00
Total	71:14

THREE

1) ATM 4: Even distribution of effort	24:52
2) Symmetry-Asymmetry / Learning how to learn / Sustaining ourselves in challenge / Our skeleton	17:47
3) ATM 5: Puzzle #2	25:43
4) Tight bellies / How to teach the other side	04:14
Total	72:36

FOUR

1) What part of you needs to be in a room to be in the room / What is walking?	07:48
2) ATM 6: Walking with your back	27:40
3) Stability-Mobility / Getting old	03:18
4) ATM 7: Taking off your...	22:15
5) Thank you and good-bye	00:50
Total	61:51

Complete recording time: 4h 21:15

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

Uncommon Sensing®

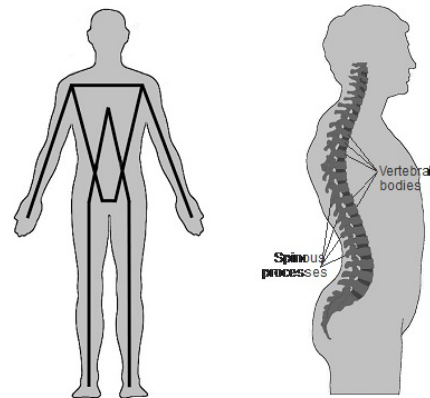
Moving Beyond Your Self-image

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

Reversibility...ytilibisreveR

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MAY 28/29, 2005

"If you know what you are doing, you can do what you want."

M. Feldenkrais

So how do we come to "know what we are doing"?

Developing our awareness is the path to "knowing what we are doing". Reversibility is the keystone to "knowing what we are doing".

It is when our actions become REVERSIBLE that we can truly say we have a choice in what we do and how we do it.

Being able to more easily move from where we are...to where we are going...while being able to effortlessly change directions at any moment will be the focus of our inquiry.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons we will develop our capacity for "reversibility" and discover its impact on our actions, emotions and thinking.

ONE

1) Intro to the method; Liking yourself; Reversibility	12:19
2) How to do ATM	02:06
3) ATM 1: Attention on the return	41:36
4) Questions and Answers; What to do when a movement gets harder	06:25
Total:	62:26

TWO

1) ATM 2: Book on the foot #1	39:35
2) Checking in	01:30
3) Reversibility, falling and what else is irreversible	05:21
Total:	46:26

THREE

1) ATM 3: Falling reversibly #1	37:42
2) Checking in; Habits and pain	05:08
3) ATM 4: Book on the foot #2	36:40
Total:	79:30

FOUR

1) Checking in; Working more than we need to; Resting	03:10
2) Lots of ideas	20:28
3) ATM 5: Book on the foot #3	50:02
Total:	73:40

FIVE

1) Checking in	03:02
2) Finding playfulness and getting interested	02:58
3) ATM 6: Falling reversibly #2	34:49
4) Checking in and a new way of exploring	02:39
5) To be reversible we need to...	04:53
Total:	48:21

SIX

1) ATM 7: Book on the foot #4	49:29
2) Checking in; Interacting with discomfort; Novel situations; Gauging improvements	04:59
3) ATM 8: In and out of a chair reversibly	22:45
4) Checking in and closing comments	02:30
Total:	79:43

Complete recording time: 6h 48:06

Getting Hip

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, SEPTEMBER 23/24, 2006

Want to get hip, literally?

In movement this can be done through discovering your hip joints. Your hip joints are the key to easy and comfortable movement -- but they are also mysterious and hidden from our self-image.

To move from your hip joints is more than just a nice idea, it is an experience you can embrace and utilize more and more frequently in your daily life.

Discovering your hip joints and exploring their potential for movement can help you experience new possibilities for moving through your life with a comfort that you had previously only hoped for.

'Getting hip' is more than just 'being cool'...it is finding an ease and grace for creating more enjoyment in all the things you do.

ONE

1) Introduction	15:33
2) ATM 1: Getting to know your hip joints	45:31
3) Discussion	06:25
4) Where are our hip joints? And....	06:13
Total:	73:42

TWO

1) ATM 2: Hooking your toe #1	40:08
2) Discussion	05:05
3) Our whole self! Pain...when? Function, learning and our internal conversations.	07:49
Total:	53:02

THREE

1) ATM 3: Getting to know your hip joints in another way	35:49
2) Discussion... and a short experiment	05:03
3) ATM 4: Hooking your toe #2	20:18
4) Discussion	04:21
Total:	65:31

FOUR

1) Discussion...pain, taking care of ourselves, the use of our attention, trusting yourself... or the experts?	20:11
2) ATM 5: Reaching out from your pelvis	45:35
3) Discussion	06:54
Total:	72:40

FIVE

1) ATM 6: Hooking your toe #3	37:29
2) Discussion. Symmetry and appreciating differences.	06:07
3) Proportional distribution of movement, moving our pelvis from both ends and stability.	14:29
Total:	58:05

SIX

1) ATM 7: The Feldenkrais Crawl	39:04
2) Discussion. Being inclusive of our experiences and a story about Margaret Mead.	04:03
3) ATM 8: Towards an upright posture	26:21
4) Discussion & Goodbyes	04:31
Total:	73:59

Complete recording time: 6h 36:59

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 *Feldenkrais®-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

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

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

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

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

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

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

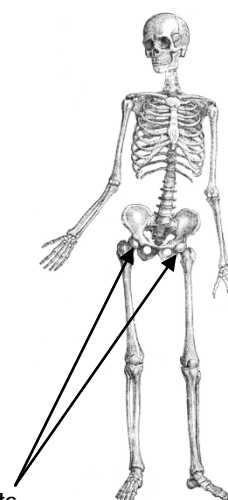
Complete recording time: 6h 28:46

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

Growing Young

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MAY 28/29, 2011

Discovering, laughing, wondering, playing, giggling, novelty, joy, enjoyable challenges, having fun, being silly, doing something 'just because'...

How often do you find yourself in one of these experiences...as often as you used to...as often as you would like? The pleasure you enjoyed as a child, from just rolling around and playing, is embedded in movement and is easier to re-discover than you might imagine. Utilizing *Feldenkrais®-Awareness through Movement®* lessons you will explore all these facets of your self and find greater access to discovery, novelty, wonder, playfulness, laughter, joy, fun, silliness, enjoyable challenge, giggles, and doing something 'just because'...

Guaranteed to be fun! Get ready to enjoy!

ONE

1) Intro / Learning/ Self Image / How to do the lessons	24:05
2) ATM 1: Easy Rolling	51:37
Total:	75:42

TWO

1) Discussion: Feeling heavier / How we connect to ourselves...listen to ourselves / Childish...childlike	05:36
2) Talk: What makes us old? / Birthdays / Attitude – abilities – routine	09:53
3) ATM 2: Habits!	29:32
4) Discussion: Our muscular habits / Knowing about our habits	02:59
5) Talk: What changes as we get older?	01:36
Total:	49:36

THREE

1) ATM 3: Going from sitting to sitting	44:11
2) Discussion: Pain / Unstable or mobile?	05:51
3) ATM 4: Long leg rolling and...!!! #1	28:57
Total:	78:59

FOUR

1) Discussion – Challenge / Using ourselves differently / Movements AND ideas / Courage / Small windows / Small successes / What would be different if... / When I first felt old / Comfort	17:48
2) ATM 5: Long leg rolling and...!!! #2	40:11
3) Discussion – Cloud 7 / Getting comfortable acting in ways we don't usually act / If we change...they have to change	04:16
Total:	62:15

FIVE

1) ATM 6: Folding and unfolding...a different kind of fun	38:33
2) Discussion: Being vulnerable / Moving in the six cardinal directions / How our muscles work in opposition	09:38
Total:	48:11

SIX

1) ATM 7: Fun and challenge with your hands and feet	42:51
Total:	42:51

SEVEN

1) Discussion: Inner authority / Exercising our brains / Responses in unexpected places / How does a mother do that?	04:51
2) ATM 8: Really rolling	31:59
3) Discussion: Florence and Rosetta / Feeling successful and continuing to learn	02:31
Total:	48:11

Complete recording time: 6h 36:55