

FROM THE ARCHIVE VOL. 3

MOSHE FELDENKRAIS



IN VANCOUVER 1973

FOUR WORKSHOPS, 45 HOURS OF TEACHING

EDMONDS CENTER
UNIVERSITY OF
BRITISH COLUMBIA
HOTEL VANCOUVER
ART GALLERY

Moshe Feldenkrais

Moshe Feldenkrais in Vancouver 1973

Hotel Vancouver	(10-12 August 1973)	11.6 hours
University of British Columbia	(6-15 August 1973)	21 hours
Edmonds Centre	(6-16 August 1973 - Morning course for seniors)	8.3 hours
Art Gallery	(16 August 1973)	3.8 hours

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Archived Resource - 1 x Data DVD

The original tapes from which these recordings were made, were labeled with different kinds and amounts of information on their contents. For the most part the order of the workshops is as they were taught, but there appear to be a few strange edits.

Edmonds Center (August 6-16, 1973 – Morning course for Seniors)

9 Tracks, 8.3 hours

1. Sit, Turn in Chair
2. Talk, lesson begins at 9:00....Flexion with foot differentiation, rolling back
3. Extension:
4. Supine, arms crossed over chest rock
5. Short instruction in rolling to sit
6. Sitting and Twisting
7. Prone to sit
8. Sit tilt knees side to side....Elbows/knees
9. Sit, head around shoulder girdle....jelly pudding pelvis...roll onto back

University of British Columbia (6-15 August 1973)

23 Tracks, 21 Hours

6 Aug 73 pt.1

1. Pelvic clock in sitting
- Talk on Dreaming and awareness
Lesson continues tilting legs to right and left
Ends around 53:00

6 Aug 73 pt.2.1

starts in progress, lifting leg with hand, position uncertain
[I think this is: supine, right leg standing, left arm overhead on floor, left leg long. Send arm and leg away from each other.
33:00

ATM lesson: Tilting Pelvis Sitting

6 Aug 73 pt.3

51:00 get up and walk around ends....with 36 minutes left in file

7 Aug 73 pt. 1

ATM: Arm/Leg Hoops
57:40 : Get up walk around lesson ends.
Post lesson, 8 minutes of talking, continued

7 Aug 73 pt. 2.

Talk continued. Might be FI demo
Lecture until 52:00

7 August pt. 3

ATM Lesson: Side lying, Shoulder, Arm Circles
Ends at 49:00. seems to be some switching tracks.

8 August pt. 1

ATM: Crossed Legs, Tilt, Turn, Roll Side to Side

Ends 1:01

8 Aug pt. 2

Lesson continues, rotation from legs
Talk on body image and coordination.
22:25 get up and walk around
Resume at 28:00

FI Demo being filmed. (Lesson to Stanley?)
Quiet until sporadic comments around 50:00

8 Aug73 pt. 3

FI demo continues. Lesson ends about 11:00. Moshe discusses the purpose of his Method.

Begins with story about optimism. Lecture ends at 30:00

“I am an exhaustible sort of power.”

9 Aug73 pt. 1

[sound is inconsistent]
ATM: Side lying Shoulder/Hip movements
End by having people doing the movements in the imagination on other side.
Get up with 4 minutes left

9 Aug 73 pt. 2

Announcements until 5:30
ATM: Twisting: Sidelying, Shoulder movements, rotation
Lie on right side, bend knees. Lift left hand to ceiling, look with hand, lower to left to floor while

10 Aug 73 pt. 1

ATM: Head Through Gate

13 Aug 73 part 1

ATM: Supine, tilt legs, roll side to side, then to sit then to stand

13 Aug 73 part 2

ATM continued into standing
Ends at 11:40.

14:00 Moshe shows someone how to do a movement with his hands.

ATM: Prone, Extension, looking forward/up and right/left

13 August pt.3

Continues from pt. 2.

Hands to push up, bend knees, Check mouse, look forward and up.

30:00 Discussion of difference between men and women.

40:00 Supine, flexion movements knees to elbows

Ends at 43:00

14 Aug pt. 1

Lecture: Jonas Salk

17:00 “I think we’ll do something in standing. Question is what?”

ATM: Standing, reach down legs

14 Aug pt. 2

Lecture

ATM continued

15 Aug 73 pt. 1

ATM – Hands on Feet, Rolling

15 Aug 73 pt. 2

All Fours, Sit Back, Roll

27:52 – Walk around, lesson ends

29:42 ATM – Preparation for headstand/Carp Movements

15 Aug 73 pt. 3

ATM continues, ends at 11:00 of pt 3

Lecture

Hotel Vancouver (August 10-12, 1973)

12 tracks, 11.6 hours

1. Scan (cardinal lines, lengthening in the imagination) 0:17:00
2. Pelvic clock –interesting tangent on counting /pressing the toes
3. Clarifying the movement of the hips by rocking the pelvis
4. Perfecting the Pelvic Clock/ Breathing Out and Swallowing/ Return to Scan
5. Flexion
6. On stomach rolling head between hands, rolling the pelvis, lifting the head tilting the legs joined
7. Perfecting the Self Image, brief lecture on willpower, Introduction of Eshkol notation
8. Talk: Learning by experience;
9. A plane through the body- constructing and moving on the sagital plane
10. Four points to lying supine

Art Gallery (16 August 1973)

4 Tracks, 3.8 hours

1. Pelvic Tilt
2. Scan of head, face, mouth. Measurements.
3. Interlace fingers behind and lift and lower head. Continues lifting head, discussion on 'body image.'
4. Side-sit, Twisting (Dead bird lesson)
5. Supine, cross legs, tilt, bring shoulders forward.

Credits

These recordings are in MP3 format to keep costs low-the entire 44 hours fits on one disc. They are intended to be played via a computer or digital audio player but will also play on recent model CD and DVD players.

The material is presented as it appears on the source tapes, some editing of non-teaching audio has been done. This also helped keep the costs low and preserves a primary source document in its complete form.

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