

DESCRIPTION

This course focuses on developing your ability to tune into and interpret the information gathered by touch, in both FI and ATM.

What is the background experience of touch during FI? How do you organise yourself to listen through your hands? How do you experience that felt sense of your client's life experience through your hands? How do you feel, in your own body, that rhythm of their return to stillness that gives a hint as to how and where they would move.

As Feldenkrais teachers we have refined our ability to listen and communicate with our 'hands'. We interpret subtle changes both in the places we touch and the person as a whole. We communicate through the movements we choose and the organization of ourselves as we do it.

There is so much to be gained by everybody through learning to listen in this manner. I have found that assisting my clients to develop this stillness of focus necessary to listen with touch enabled them to more easily access what they are feeling. It's a three-dimensional perspective that I, and they, have found extremely useful.



David Hall originally trained as an actor and voice teacher. His work in these areas led him to the Alexander Technique and Feldenkrais Method. He qualified as an Alexander Teacher in 1986, a Feldenkrais Practitioner in 1990. These modalities form the core of his practice. However, the real foundation of his work lies in the continuous enquiry he has made into his own life experience over the last thirty years. David became an Assistant Trainer in 1997.

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D1-4	MP3 Audio	ATM - Functional orientation of your hands, feet & pelvis relative to your sensory fields
D1-5	MP3 Audio	Return to pairs activity
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