

THE ESSENCE OF A DYNAMIC AND FLEXIBLE THORAX

In this advanced training Paul introduces effective lessons working with the spine, ribs and sternum. Each lesson helps you attain more volume, length and lightness in the back and chest. The essential pattern of action explored may be used in many different contexts. The FI schemes you will learn, and deepen, in this course can be applied in very diverse fields. Putting into practice everything learned will enable you to meet the different desires and needs of your students. Major course themes include:

- Differentiation and clarification of the sternum, spine, ribs and neck
- Working with students with pain along one side: how to work with the painful side facing up or down in the side lying position
- Improvement of the transmission of vertical forces through the skeleton
- Reduction of habitual, parasitic muscular work that disturb patterns of action
- Use of breath

Translating ATM into FI is an important element in this course. Paul uses fundamental relationships between Alexander Yanai lessons as examples of using their strategies to give very effective FIs.



Paul Newton

Paul is a Trainer and Educational Director. Originally from the USA, Paul has lived in Europe for nearly 30 years and currently resides in Paris. He's worked in trainings in Europe and the USA since 1993. Students and practitioners value Paul for his clear, structured and sensitive teaching style. He's the Educational Director of trainings in Spain, Germany, Austria and France.

CONTENT

D1-1	MP3 audio	02:50	Introduction
D1-2	MP3 audio	49:27	ATM: AY #217
D1-3	MPEG-4 video	00:48	Clarifying body position from ATM
D1-4	MPEG-4 video	33:28	1st part of FI sequence
D1-5	MPEG-4 video	10:19	Clarifying moves from 1st part of FI sequence
D1-6	MPEG-4 video	27:28	2nd part of FI sequence
D2-1	MP3 audio	03:23	Questions
D2-2	MP3 Audio	45:14	ATM: AY #407
D2-3	MPEG-4 video	01:48	Clarifying movement gestalt from ATM
D2-4	MPEG-4 video	02:05	Martial Arts application of an ATM movement
D2-5	MPEG-4 video	31:35	Revising 2nd, and presenting 3rd part of FI sequence
D2-6	MPEG-4 video	19:39	Questions and discussion
D2-7	MPEG-4 video	08:43	Question about FI sequence
D2-8	MPEG-4 video	11:33	3rd part of FI sequence
D3-1	MP3 audio	21:32	ATM: AY #521
D3-2	MPEG-4 video	07:43	Clarifying movement from ATM
D3-3	MP3 audio	15:18	ATM continued
D3-4	MPEG-4 video	54:10	Complete, new FI sequence
D3-5	MP3 audio	28:28	ATM: AY #359