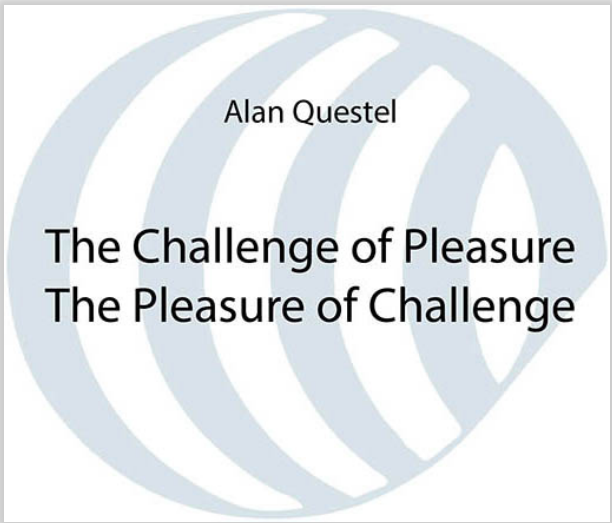




Alan Questel

The Challenge of Pleasure The Pleasure of Challenge

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The Pleasure of Challenge. The Challenge of Pleasure 2001

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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.

1-1	Introduction to the Feldenkrais Method® / Pleasure and Challenge	16:17
1-2	How to do ATM	02:16
1-3	ATM 1: Pleasurable Arms / Pleasurable Self	33:00
1-4	Discussion	04:01
2-1	Comfort and Breathing	01:58
2-2	ATM 2: Paradoxical Breathing	25:51
2-3	Adaptation to Change / The right way to do something / Getting sleepy	08:24
2-4	Kinds of Challenge	02:04
2-5	ATM 3: Puzzle #1	29:57
2-6	Frustration, laughter and curiosity	03:00
3-1	ATM 4: Even distribution of effort	24:52
3-2	Symmetry-Asymmetry / Learning how to learn / Sustaining ourselves in challenge / Our skeleton	17:47
3-3	ATM 5: Puzzle #2	25:43
3-4	Tight bellies / How to teach the other side	04:14
4-1	What part of you needs to be in a room to be in the room / What is walking?	07:48
4-2	ATM 6: Walking with your back	27:40
4-3	Stability-Mobility / Getting old	03:18
4-4	ATM 7: Taking off your...	22:15
4-5	Thank you and good-bye	00:50