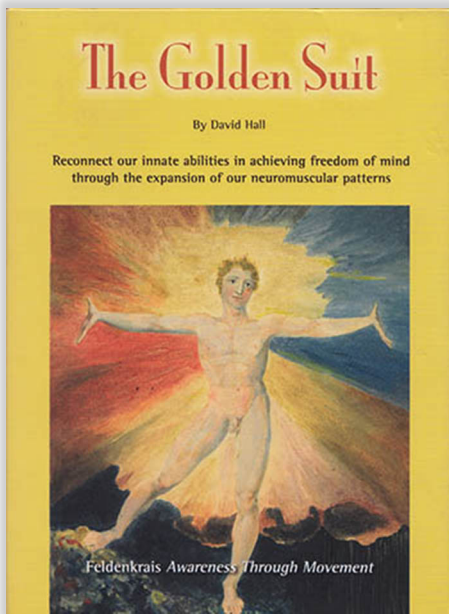




David Hall

The Golden Suit

2011

Seven Feldenkrais *Awareness Through Movement* lessons that use touch to enhance perception

Touch is at the heart of your ability to explore, understand and interact with your world.

Consider the way you use your hands, feet and skin to explore your environment, along with its objects and beings. The way you hold things .. How you rub, squeeze, press or lift them to understand. How you use your hands to sense whether a peach is ripe or to assess the character of a person whose hand you may be shaking. How you feel the proximity of an object or person or get a feeling about the ground on which you stand.

Using your hands and skin to explore your own body adds another perspective to the experience of *Awareness Through Movement*. It's the capacity to hold, filter and connect sensory experience into a malleable whole.

Whether it's the movement of parts in an action or the volume of a feeling at rest, holding your body receptively gives shape to what you feel.

These lessons of *The Golden Suit* will leave you with memorable 3D experiences of effortless movement. They will harness your innate ability to learn and grow through the discovery of movement, the observation of stillness and the creative awareness of sensation.

Through touch we understand

Archived Resource - 7 x Audio CD's in case