



Dennis Leri & Carol Kress

A Midsummer's Dream Intensive 2014

Journeys in Sitting

This is the fourth installment in Dennis and Carol's deep exploration of Awareness Through Movement® (ATM) in their Mid-Summer's Dream Intensive series. In this ATM workshop, you will intimately explore, from multiple perspectives, the movements, and shapes that form a trajectory toward the function of sitting. The diversity of lessons developing from various positions and relationships to gravity, stimulate curiosity, an expansion of the self-image and a potent sense of self-determination in action. Benefits from this workshop's lessons are plentiful and indispensable to those of us who long for more comfort, vitality and versatile power in sitting.

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| 1. DL Folding and Unfolding - 61:03 | 11. DL All Fours – 42:49 |
| 2. CK Rocking to Sit - 50:33 | 12. CK Spine – Subtle Distinctions (Seated) – 46:25 |
| 3. DL Head Forward & Backward - 37:17 | 13. DL On Elbows & Forearms – 58:48 |
| 4. CK Head Side to Side – Seated – 46:57 | 14. CK Sitting & Lying – 52:00 |
| 5. DL Arms, Legs, Torso Bending – 53:55 | 15. DL Arm Around in Lying – 48:57 |
| 6. CK Gently Twisting on Side – 56:25 | 16. CK Half Seated (Chair) – 42:46 |
| 7. DL Crawling – 48:45 | 17. DL Standing on the Knees – Power Sitting – 39:09 |
| 8. CK Sitting Legs Crossed – 44:07 | 18. CK Legs 360° (Seated) – 49:46 |
| 9. DL Arms, Legs, Torso on Diagonal – 52:43 | 19. DL Sitting Legs Long – 39:16 |
| 10. CK Breath Shaping the Chest – 56:12 | 20. CK Folding & Unfolding (Chair) – 56:24 |

Archived Resource - 21 MP3 audio files