

Walking ***Awareness Through Movement®***

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Walking

Awareness Through Movement

Lesson Titles: Lesson 1: Shoulder/Hip Relations
Lesson 2: Movements of the Waist
Lesson 3: Walking and Reaching
Lesson 4: Freedom of the Neck
Lesson 5: The Head Affects Balance

The five ***Walking Awareness Through Movement*** lessons contained in this series are different in form than most lessons available to the general public. They were given originally to a group of *Feldenkrais®* Practitioners in the context of an “advanced training”. You don’t have to be advanced in order to benefit from these lessons, but it is advised that you have some prior experience of *Awareness Through Movement* before doing them.

If you find certain movements difficult to perform, simply reduce the speed of your walking to as slow a pace as you need. You will soon acquire the necessary coordination to do the movements while walking at a more moderate pace. Eventually you will be able to do the lessons while walking faster.

Performing other *Awareness Through Movement* lessons in the lying position will also make the lessons easier to do.

The tapes in this series were recorded live outdoors, where students were able to walk in one direction for more than one hundred feet before changing direction. To achieve maximum benefit, you should be able to walk in one direction for at least 20 feet before having to turn. The lessons were designed so that they may be done while wearing a portable CD player.

Like many *Awareness Through Movement* lessons, this series involves the use of many non-habitual movements. You will be asked to walk in peculiar ways, which may require your letting go of inhibitions. These lessons will increase the efficiency, coordination and enjoyment of your walking. Enjoy them and good luck!

Archived Resources - 5 x Audio CD's in case