

In this advanced training Margaret Mayo and Julie Peck explore questions like: How do our legs influence the rhythms of walking and breathing? What connection is there between our breathing, torso and hip joints? How do we organize ourselves over our feet, especially in walking? How do we adapt these relationships to changing functions? For example, balance, power, speed, agility? How can we find a sense of rhythm in function that enables action to become more effortless?



Margaret Mayo has been a Feldenkrais Practitioner for 20 years. She has worked as an Assistant Trainer in Australia, Italy, the United States, and The Netherlands. She had a private practice in Sydney for 12 years and now runs an ATM based practice in Adelaide. Before becoming a Feldenkrais Practitioner she worked as a Physiotherapist in Neurological Rehabilitation in Australia and Scotland.



Julie Peck has a background in Physiotherapy and has maintained a busy and varied private practice in Perth since graduating as a Feldenkrais practitioner in 1990. She became Australia's first trainer in 1995 and is currently directing her 2nd training. Julie finds her private practice and sharing her teaching and learning experiences with her colleagues, students and clients to be fun, stimulating and rewarding. She finds the journey of being both a Feldenkrais practitioner and trainer enhances and refines her abilities in innumerable ways, particularly in stimulating her ability to direct her own discoveries and learning, and she is passionate about furthering the understanding and practice of the Feldenkrais Method in Australia.

MP3 AUDIO

- D1-1 Introduction
- D1-2 Walking scan
- D1-3 ATM A.Y. #339
- D1-4 Walking experiences
- D1-5 Using hands to perceive partner's walk
- D1-6 ATM A.Y. #188
- D2-1 ATM A.Y. # 504
- D2-2 Discussion: Body and Mature Behaviour
- D2-4 ATM A.Y. #383
- D3-1 ATM A.Y. #275
- D3-2 ATM A.Y. #487

MPEG-4 VIDEO

- D1-1 Discussion
- D2-1 Observation and discussion
- D2-2 Discussion: Body and Mature Behaviour
- D2-3 Discussion
- D3-1 Observation and discussion
- D3-2 Discussion and demonstration
- D3-3 Discussion

MP3 audio files can be played on computers, DVD players/recorders, and MP3 players.

MP4 video files can be played on computers and some DVD players/recorders