

What is the anatomy of emotion? Is there a posture for empathy? A breath pattern for connection? How can our work in FI and ATM help others recognise emotional habits in their acture?

Breath, facial expression, posture and gesture combine to create the emotional body. From ATMs that examine these elements, we will learn to identify the tensions and holding patterns of the basic emotions.

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Using Feldenkrais principles, we will experience the precise physical manifestations of a neutral state and compassion/rapport as tools for FI.

FI practice will centre on face, breath and carriage to support moving, thinking, sensing and feeling.

