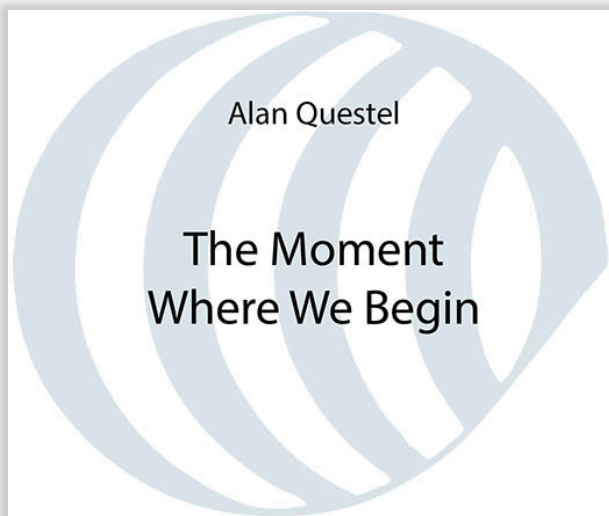




Alan Questel

The Moment where we begin...

An Exploration between Intention and Action 2005

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When and how do our thoughts and intentions turn into actions? How often do we unknowingly create unnecessary work for ourselves? How can we become more like we imagine ourselves to be? The significance of understanding these questions is key to accurately fulfilling our objectives in life. Utilizing Feldenkrais Awareness Through Movement lessons we will inquire into this moment between intention and action. By discovering how we initiate the things we do, we can improve our efficiency, reduce our discomfort and create a life more to our liking.

1-1	Introduction	10:43
1-2	ATM 1: Rolling with Your whole Self	33:25
1-3	Marking Time	02:53
1-4	ATM 2: Beginning, Middle, End (can be done from the floor or from a chair)	12:41
2-1	Big Picture, Little Picture	02:45
2-2	ATM 3: Lifting Your Pelvis with more of Yourself	34:42
2-3	Symmetry and Asymmetry: Self Image	04:07
2-4	Intro to ATM 4	01:42
2-5	ATM 4: On Hands and Knees, Lifting Limbs	19:48
3-1	Discussion	07:26
3-2	Some Major Concepts of the Feldenkrais Method	09:01
3-3	ATM 5: Pelvic Clock, Improving the Proximal	33:24
3-4	The Right Way to Do Something	02:42
4-1	ATM 6: X-Position: Pressing and Lifting/ Lengthening and Shortening	25:24
4-2	Discussion	03:45
4-3	ATM 7: Rolling From the Opposite Hip	23:00
4-4	Good Bye	00:44