

MOVEMENT

and the Development of Sense of Self



A MULTIDISCIPLINARY SYMPOSIUM ON RESEARCH
AND THE FELDENKRAIS METHOD*

WITH ALAN FOGEL, BEVERLY ULRICH, PHILIPPE ROCHAT, CAROLYN HERIZA
ROGER RUSSELL, PAT BUCHANAN, SHERYL FIELD, CARL GINSBURG
AND CHAVA SHELHAV

AUGUST 20-22, 2004 SEATTLE UNIVERSITY SEATTLE, WASHINGTON, USA

Feldenkrais Educational Foundation of North America

Movement

and the Development of Sense of Self

2004

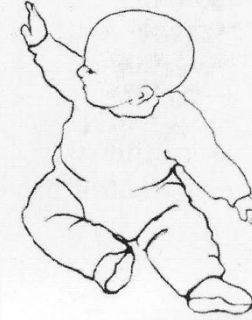
Each day around the world, thousands of people use the *Feldenkrais Method* to learn to sense themselves clearly, move elegantly and find creative solutions for the obstacles and opportunities of their daily life.

Moshé Feldenkrais drew on two unique sources to create the *Feldenkrais Method*: his experience of doing and his understanding grounded in scientific training. The doing is always practical, based on persistently attending to and systematically exploring one's sense of moving. But where can we look in these lessons to find his scientific legacy? How can science play a roll in enriching our understanding of the *Feldenkrais Method*? And for building the foundations for the professional skills we will need for the future?

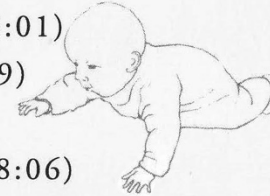
The science symposium held in Seattle 2004, "Movement and the Development of Sense of Self" addresses these questions.

This symposium brings theory and practice together by pairing knowledgeable scientists with experienced *Feldenkrais* teachers. Together they addressed such diverse questions as the psychology of the interpersonal matrix of infant and caretaker, the developmental neurology of the sense of self, the biomechanics of learning to walk, and the philosophy of moving, sensing and of being. Woven into all of these discussions were experiments in *Awareness Through Movement*® and *Functional Integration*® illustrating how research and theory translates into effective practice.

1. Roger Russell Introduction (17:28)
2. Alan Fogel Lecture (48:36)
3. #1 ATM and Q&A (1:18:09)
4. Beverly Ulrich Lecture (52:5
5. Pat Buchanan ATM (45:04)
6. #2 ATM Q&A (53:32)



1. Philippe Rochat Lecture (59:15)
2. Chava Shelhav Lecture (28:01)
3. Chava Shelhav ATM (31:09)
4. #3 ATM Q&A (25:12)
5. Carolyn Heriza Lecture (58:06)
6. Sheryl Field Lecture & ATM (48:10)
7. #4 ATM Q&A (24:46)



1. Carl Ginsburg Lecture & ATM (1:04:02)
2. Summation with Presenters

