

ABOUT THE COURSE

In this 5 day advanced training for Feldenkrais Method teachers Paul Newton demonstrates and clarifies how to use Feldenkrais thinking and strategies to assist students with problems arising from scoliosis. Dr. Feldenkrais used twisting to create a felt sense of length, and to reduce the forces pulling students out of alignment.

Themes in this advanced training include:

- Working with the antagonists, and origins-insertions
- Addressing the spine with compression
- Pulling and differentiation
- Clarifying the kinematic linkage that leads to the head being carried at it's highest point.

Paul models discovering how to adapt lessons creatively to students' needs by observing their postural and movement tendencies in order to utilise the strengths of their experience.

CONTENTS

- 1 x Data CD with edited MP3 audio recordings of 4 ATM's, plus extras
- 5 x DVD's with edited video of 5 FI lessons, demonstrations, and talks
- 1 x Booklet cataloging all disc contents, plus reference materials

ABOUT THE PRESENTER



Originally from Massachusetts and New York, Paul Newton has lived in Europe nearly 30 years. Home is Paris. Paul is the educational director of several trainings. Current trainings include Munich, Frankfurt, and Graz in Austria. He has graduated students from Bad Windsheim, Hamm, Munich, and Paris International which he co-directed with Myriam Pfeffer. Paul has a masters degree in psychology and a background in movement. He teaches in trainings and advanced trainings throughout the world.

DATA CD

1. Introduction and talk by Paul
2. ATM from Day 1
3. ATM from Day 2
4. ATM from Day 3
5. ATM from Day 5
6. Photo folder - photos of whiteboard notes, and spine

DVD - Day 1

1. Exploring a movement sequence from that day's ATM
2. Functional Integration: first lesson with Travis
3. Functional Integration: Paul demonstrating a sequence of manipulations

DVD - Day 2

1. ATM comments by Paul and examples
2. Lecture by Paul: Easy and difficult "C" & "S" curves
3. Functional Integration: second lesson with Travis
4. Talk by Paul: the sustaining arch of the talus
5. Functional Integration: Paul demonstrating a sequence of manipulations

DVD - Days 3 & 4

Day 3 1. Conversation: Paul and Travis talk about the FI lessons

Day 4 1. Functional Integration: second lesson with Fruma

DVD - Day 4

1. Functional Integration: Paul demonstrating a sequence of manipulations

DVD - Day 5

1. Activity and discussion: walking with the hips 'back'
2. Functional Integration: third lessons with Fruma
3. Talk by Paul and discussion
4. Functional Integration: Paul demonstrating a sequence of manipulations