

# RUTHY ALON

Feldenkrais Trainer & Educational Director



Ruthy Alon is a senior Trainer in the Feldenkrais Method®. Born in Colombia, South America, Ruthy grew up in Israel and from 1959-1967 attended Moshe Feldenkrais's weekly ATM classes in Tel Aviv. One of thirteen to do Moshe's first teacher training program in Israel, she was also the first graduate of that program to follow Moshe to the USA in 1972, where he taught at the Esalen Institute.

Ruthy has developed many workshops and resources, including Free Your Back, Movement Nature Meant, and Mindful Spontaneity. Her ongoing quest to promote and restore well being in peoples' lives led her to create her life's work the Bones For Life program.

Ruthy balances the influence of right brain intuitive harmony, with left brain conceptual thinking. One of the special qualities that Ruthy brings to her teaching is her capacity to decipher complex patterns of movement and to create solutions for improving them. She offers clear verbal explanations that empower her students to comprehend and master the work on their own, with a sense of personal success.

## CONTENTS

- 2 DVDs with video of FI Demonstrations and more
- 1 Data CD containing MP3 audio files
- 1 Contents catalogue for easy reference

## MP3 Audio Files - DATA CD

- D1-1 Introduction to integration FI demonstration (refer to Day 1, scene 2)
- D1-2 Discussion: post integration FI demonstration (refer to Day 1, scene 2)
- D1-3 Discussion
- D1-4 ATM: Supine, finding thoracic flexibility through specific limb configuration
- D1-5 Discussion post ATM
- D1-6 Comments and questions about FI demonstration (refer to Day 1, scene 8)
- D1-7 Ruthy responds to a question about her use of rhythmical movements

- D2-1 Introduction to Day 2
- D2-2 Discussion about FI demonstration (refer to Day 2, scene 3)
- D2-3 ATM: Prone, creeping movements, connecting foot to head

## DAY 1 - DVD video

- Scene 1 Introduction
- Scene 2 Integration: the use of pressure
- Scene 3 Differentiation: the effect of just differentiating
- Scene 4 FI Demonstration in response to a participant's question
- Scene 5 FI Demonstration
- Scene 6 Ruthy Directing FI Practice
  - Moving the neck and head in the axis of the spine
  - Moving the neck and head through a side-to-side arc
  - Lying to sitting up through the midline
- Scene 7 Demonstration: moving from sitting to standing
- Scene 8 FI Demonstration
- Scene 9 FI Demonstration
- Scene 10 Ruthy Directing FI Practice
  - Carriage of the arm
  - Connecting thorax and head
  - Lifting the head
  - 'Zig-zag' movement of the thorax and head
- Scene 11 Happy Birthday Ruthy

## DAY 2 - DVD video

- Scene 1 FI Demonstration
- Scene 2 FI Demonstration
- Scene 3 FI Demonstration
- Scene 4 Ruthy Directing FI Practice
  - Positioning the legs
  - Moving the thorax and spine
  - Relating the leg and pelvis
  - Encouraging the thorax to move
  - Rolling to sit
- Scene 5 Questions
- Scene 6 FI Demonstration
- Scene 7 FI Demonstration

## NOTES