



“Cor(e)spondence”

Ideally, in the fullness of movement, the correspondence between power and softness is fluid. The motion cycle through beginnings and endings of actions is sustained without uncomfortable effort or abrupt insertions of force. In this workshop I will present ATM lessons, FI demonstrations, and pre-recorded short video excerpts of FI lessons to illustrate lesson ‘mapping’.

In FI lessons we are challenged to uncover answers to complicated questions. In doing so, we take our students from the familiar to the unfamiliar as habits are observed. We guide a learning process with the emphasis on ease and discovery. This process requires explanatory ‘maps’ that need to remain clear and comprehensive to the student, and allow overview of course and relevance.

I will provide an outline of FI and ATM lessons that can be used to initiate learning processes, and can be linked flexibly to correspond with each student’s needs, capacity and interest. Examples of explanatory ‘maps’—for sustaining a progressive learning process—will be illustrated.

The FI and ATM lessons throughout the workshop will set cogs in motion for discovering:

- Access to core power with a soft chest
- Shoulder/neck/chest mobility
- Head-sternum-sacrum correspondence
- The relationship between habit and breath
- A more inclusive state, once habits are observed, that is connected to the flow of time.