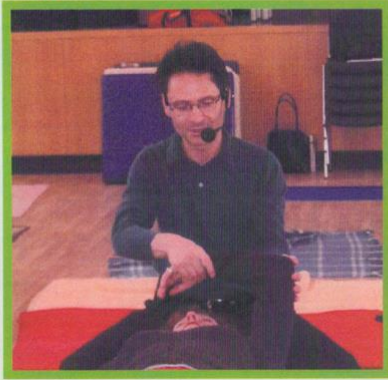


IMPROVING THE CARRIAGE OF THE HEAD

EXPLORING CREATIVE CIRCLES

Advanced Training
with Mark Reese, Ph.D.



Mark Reese

Improving the Carriage of the Head

Exploring Creative Circles

In Moshe Feldenkrais' Functional Integration work he emphasized the importance of the carriage of the head and neck in human functioning. In this advanced training Mark Reese shares his in-depth studies of the carriage of the head in both Functional Integration and Awareness through Movement.

The ATM lessons are done in many different positions and lead toward larger movements in space such as getting up and down. The FI work parallels the ATM lessons. The first FI focus is on the concepts of indirection and lengthening from below involving twisting motions from the legs pelvis and spine. Mark then examines how downward forces from the legs abdomen and pelvis can paradoxically bring the head higher.

Further FI work clarifies the body's central axis and basis of support in sitting and standing, and eventually with the essential proximal movements of the upper thorax C-7 and the base of the neck. Situations include sitting on a roller examining how the head is carried over each leg in standing and the role of balancing reactions and orientation in space.

You will learn how to create greater lightness in all movements through improved carriage of the head. Discussions and lecture material include questions of strategy Mark's case studies and thoughts on the connection between action and perception self and environment. This special advanced training was limited to experienced practitioners with at least three years of full time private practice and is an excellent basis for further study.

CONTENTS

01-1 ATM: On back, twisting the spine with head fixed

01-2 FI Demo: Relationship of head to standing leg

01-3 FI Demo: Movement of head over standing leg

01-4 FI Demo: Support for head and neck

02-1 ATM: Tilting legs to clarify FI concepts

02-2 Discussion

02-3 FI Demo: Sitting relating the chest to the head and neck while turning

02-4 FI Demo: Tilting legs while lying on front

02-5 FI Demo: Self-use and relating arm and shoulder to head and hip

02-6 ATM: Separating lower legs while tilting the legs on front

03-1 Discussion;

03-2a ATM: Coming to standing from the knees while lengthening arms and spine, Part I;

03-2b ATM: Coming to standing from the knees while lengthening arms and spine, Part II;

03-3 Discussion and FI Demo: Sitting- various ways to make head circles in relation to chest and pelvis;

03-4 FI Demo: continuation;

03-5 FI Demo: Head movements while sitting on roller;

03-6 FI Demo: Organizing the upper thoracic spine;

03-7 ATM: Lengthening while getting up from knees.

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