

2011 FELDENKRAIS METHOD® CONFERENCE – AMHERST PERSPECTIVES

A FEW FAVORITE IMAGES & SOME THOUGHTS WHILE MOVING THROUGH THE ENVIRONMENT ...

– by Conference Photographer *Celeste River, M.I.S., G.C.F.P.*



← PRE-CONFERENCE • JULY 7 & 8
Good signage helps us find our way around on campus. When I arrive I begin to explore, and find my way to the Robert Crown Center.

→ THIS IS IT! The building and gym where Moshe taught the AMHERST TRAINING. I'm in awe! Now where? I'm looking for the Continuing Competence Program ...



← The shoes tell the story! Here it is, in an upstairs room off the lounge overlooking the gym: "Revivify! Plot the Course of Your Professional Future."

→ Dwight and Candy teach how to interview ourselves about our own process in giving a lesson — and to do this with another, for our professional development.



← JULY 8 • RESEARCH SYMPOSIUM
"Feldenkrais® Science Network [FeldSciNet]: The Evolution of Knowing and Learning" with Jim, Roger, & Pat; and poster boards.

→ Trails of ivy on old brick walls around campus bring to my mind the far reach and growing influence of the Feldenkrais Method® around the world today.



← In the busy on-site office, Michelle and Susan prepare for the evening program, while Deborah handles details and coordinates the entire conference.

→ At the evening program, "All Things Feldenkrais®," we learn about new promotions including the Feldy Notebook and the Guild's newly improved website.



2011 FELDENKRAIS METHOD® CONFERENCE – AMHERST PERSPECTIVES, p.2

THE MAIN CONFERENCE, JULY 9-13, IS REPLETE WITH WORKSHOPS & INFORMATIVE EVENTS.
WE APPRECIATE THE GUILD STAFF AND VOLUNTEERS WHO MAKE IT HAPPEN.



← This is the 4th conference I've photographed for the Guild, and each time I've noticed good signage and campus maps are like a well articulated ATM® or FI®.

→ Volunteer Grace, who personed the concierge desk and prepared our packets with schedules and info, visits with Martha during a lull in registration.



← Lynn proudly shows us the first place we go when we check in ... the registration desk, where important things happen and lots of problems are solved.

→ Deborah keeps an organized equipment room. Stacks of new mats; and skeletons, tables, stools, and rollers — all so graciously loaned by local practitioners.



← Without all this loaned equipment the workshops would surely be lacking in learning possibilities. We all thank those who trust and share their supplies.

→ Volunteers do the job of moving stools, skeletons, tables & rollers from one workshop space to another. We give a nod as we pass each other along the way.



← Zach and Susan catch up while workshops are going on — quiet time in the lobby at the on-site office headquarters. Zach's table is always a fun place to visit.

→ Every year Sam and Carla bring a great selection of books, CDs, DVDs, rollers, & other materials, and set up a FEFNA bookstore refuge for everyone to enjoy.



2011 FELDENKRAIS METHOD® CONFERENCE – AMHERST PERSPECTIVES, p. 3

WHILE MOVING FROM SPACE TO SPACE PHOTOGRAPHING THE CONFERENCE, I SEE
SUBLIME MOMENTS OF BEAUTY, TRANQUILITY, CONNECTION, AND PEACE.



← Walking along a back path from the Crown Center to The Red Barn I came upon a quiet meditative sitting place, looking out upon the Mount Holyoke Range.

→ On the way back from the Barn, the stability of this distant tree called to mind the solid strength of Moshe — to stand resolute in his innovative discoveries.



← *Sublime* ... a sunlit rock I discover along the path by the woods describes my feelings for our community, as I move across campus from one workshop to another.

→ After receiving an FI, I enjoy the quiet, the stillness, the softly filtered light — in this room where Moshe gave many FIs during the Training in 1980 and 1981.



← During his performance at the FGNA Party Talent Show, Josh took fellow practitioners to another world — with his sublime artistry and musicianship.

→ There was an aura of deep serenity surrounding this scene at Ned's workshop — "Hands Up: The Development and Use of the Hands in ATM and FI lessons."



← Through focused interconnections, practitioners gain greater refinement and ease in Mischul's workshop — "The Language of Touch for Feldenkrais® Practitioners."

→ The delicate grace of this Queen Anne's Lace, found along the walk to the dining hall, reminds me of the gentle strength of the well-trained "Feldenkrais" touch.



2011 FELDENKRAIS METHOD® CONFERENCE – AMHERST PERSPECTIVES, p.4

A FEW MORE SCENES FROM THE CONFERENCE AND A THANK YOU, FOR ALLOWING ME INTO THE PRESENCE OF YOUR LEARNING. P.S. MORE PHOTOS WILL FOLLOW ... *Celeste*



← This year there were many people who attended the Memorial Gathering in the early morning. It felt good to join in honoring those who have gone before us.

→ *Sublime-ly silly!* At their table during the Regional Lunch, Elinor and Bonnie make funny fish faces, while Ralph looks on in utterly playful amusement.



← After returning from the Museum of Natural History, Roger talks with his group about “The Evolution of the Biological Process of ‘Functional Integration.’”

→ As David reaches down to assist a participant’s learning during the Morning ATM, “Integration of the Arms,” I imagine Moshe doing the same, so many years ago.



← Lines and shapes revealed in this unrehearsed moment with Michael, reflect how we can seamlessly adapt to our environment with the Feldenkrais Method of learning.

→ The last day, at the Morning ATM in the gym, everyone enjoys following Moshe on video—as he guides the Amherst Training, and us, through “The Prayer Lesson.”



← Eliza shares a healing touch with her group, one of eleven such mentoring groups that met in the gym for the final day of the AMHERST PERSPECTIVES conference.

→ Conference Coordinator, Deborah, and Conference Chair, Chris, are honored with many thanks and a heartfelt round of applause during the Closing Circle.

