

## What Would Moshe do? Practitioner Spotlight: Allison Rapp

—by Gabrielle Pullen, GCFP

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“**What would Moshe do?**” is a new series that gives voice to those who trained directly with Moshe Feldenkrais, sometimes referred to as “first generation” practitioners. Before the opportunity is lost forever, I wanted to speak with those who knew him, to find out what they think he was really about.

Allison Rapp is not only a practitioner, but also a trainer in the *Feldenkrais Method*<sup>®</sup>. She graduated from the San Francisco Training in 1977.

**SenseAbility:** Allison, what was your experience of what Moshe was trying to convey?

**Allison:** I think the fundamental thing Moshe was saying is that we have the potential to live life as we want, and that every one of us can develop that potential. Helping people discover how to do that is what the *Feldenkrais Method* is all about.

**SA:** What does it mean to live life as we want it?

**AR:** Let me give you an example of how most of us don't do it! Moshe lectured many times about what most of us do when something isn't right in our lives -- we blame our spouse, our job, where we live -- anything except ourselves. So we get divorced, move to a different place, change jobs. We get rid of whatever we blame -- go someplace else, marry someone else, get another job, and immediately begin recreating everything that made life terrible in the first place. The problem is, it's not the place, the spouse, or the job -- it's us. We don't learn, we don't adapt, we don't act as adults.

I think he was talking about using the *Feldenkrais Method* as a vehicle for learning how to leave aside what served us as children, in very different circumstances than we find ourselves now, and to act as adults in the world.

“Moshe lectured many times about what most of us do when something isn't right in our lives -- we blame our spouse, our job, where we live -- anything except ourselves.”

**SA:** What does it mean to ‘be adult in the world’?

**AR:** It has to do with being able to make an appropriate response to my environment so that I can fulfill my dreams. It's less about fixing something than it is about changing my response so that I get what I intend, rather than being stuck with what I get.

**SA:** That's a big leap for someone coming to a practitioner for help with a painful shoulder. How do you communicate that to people?

**AR:** In one way it's a big leap because people come with pain and difficulty. In another way, it's no leap at all because it's exactly what everybody wants -- to get more out of life all the time, not just when they're rolling around on the floor! And I communicate it by talking about it in my classes.

I think our work centers on movement because it was how Moshe's own trouble manifested itself,

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and because movement is common to us all... he said, "Life without movement is unthinkable."

Yet, he said that it could be taught with any other content -- mathematics, or French, for example. In the beginning, I didn't understand that and I was always trying to figure out which *Awareness Through Movement*® lessons to use if I had a group of skiers and which different ones for a group of musicians, to make them better skiers or musicians. I think what he's saying is 180 degrees from that -- we can use skiing or music as the vehicle for learning the *Feldenkrais Method*. In my own case, in addition to my practice and to teaching in trainings, I use knitting as the content for teaching [the] *Feldenkrais [Method]*.

**SA:** So, the question is, how can we integrate [the] *Feldenkrais [Method]* into our lives?

**AR:** You can integrate the work you do in a lesson into your life by remembering to pay attention to the things you learned in class -- shifting your weight, or remembering to let your pelvis move when you turn your head to see behind you when you back up your car.

But more importantly, you can keep reminding yourself that if you can change your ability to move instantaneously -- just from paying attention to it, allowing yourself to explore possibilities without judging yourself, using your imagination -- then you have the capacity to change anything you want to change -- your attitudes, your behaviors, your relationships. You can quit your job and get one you like. You can stop eating an entire chocolate bar every night, or take dancing lessons at age 60. And you can do those things -- whatever it takes to fulfill yourself -- by using the same process you used to change your ability during the *Awareness Through Movement* lesson. Find out how you create success in one part of your life and generalize that process so that you can become successful in other parts of your life!

**SA:** Could you tell us more about how to do [the] *Feldenkrais [Method]* "off the mat"?

**AR:** Many years ago, I had a client who came three or four times for private lessons, and then I didn't see her for months. When she came back, she said that she had realized

that she and her husband were friends, but not lovers. She talked to him and they discovered that both of them were having affairs, so they decided to get divorced and move on with their lives. She attributed it all to the *Feldenkrais Method*. She became aware of the source of her unhappiness, found resources within herself to change and was able to make her life the one she wanted.

How did she do that? By realizing what she was doing to maintain the status quo in a situation where what she got wasn't what she intended to get. When you understand what you're doing, then you begin to have control over the outcome, the same way that on the floor, in *Awareness Through Movement*, you discover that if you stop holding your knee, something else will move. It means knowing what you're doing.

**SA:** Clearly, you are referring to the famous quote by Moshe, 'If you know what you are doing, you can do what you want.' What does it mean to 'know what you are doing'?

**AR:** It means really knowing the thing from right to left, up to down, back to front, so that you can do it reversibly, or argue either side of the issue. In other words, you can knit, and you can un-knit. You can be in the middle of doing something and decide, "You know, I'm not getting what I want here. I'm going to change what I'm doing so that I get something different." It means that while leaving my spouse may be an option, changing how I relate to him is also an option. If I don't like the roll of fat that's developing around my middle, I find in myself the freedom to change my eating habits. It's the beginning of having real choice... the kind of choice that can make a difference in my life.

**SA:** And how does awareness fit into this process?

**AR:** Without awareness, you just take what you get... and that's a huge problem, because most of us are taking what we get most of the time -- because we don't know how to get what we intend. It's crucial to trust that what we're aware of is credible, and that it brings something valuable to the process.

For example, recently, a new knitter came in with a baby sweater he'd made. The picture showed a cute sweater and he'd followed the directions perfectly. He shaped the neck



Photo of Allison Rapp.

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on the left, but the instructions for the right side didn't tell him to make neck opening, so what did he do? He assumed that he didn't know enough about knitting to give credence to that nagging feeling in the pit of his stomach that said 'uh-oh.' He went right on following those directions, and ended up with a sweater for a half-headed baby -- and by the way, it had to be the left half! While he was knitting, he knew he wasn't getting what he intended, but he didn't value his awareness. Instead, he hoped for a miracle -- and didn't get one.

**SA:** So, for you, the difference is the choice between living a life that is undirected, sort of wafting aimlessly like a leaf in the wind versus being in control?

**AR:** Control is a "bad word" in our culture, but I think we can all agree that it would be useful to set out to do something and know that we did what we intended to do, instead of doing something else. I mean, if I want to make cookies and I put in too much liquid into the mix, I get a cake instead. It's still edible -- it may even be delicious -- but it isn't what I intended. I think it's useful to be aware enough to know the difference between what I intended and what I got. When I can tell the difference, I'm not at the mercy of bad directions, bad car design, or a job where I'm not fulfilled. I'm free to change my behavior in relation to my spouse so that we both get what we want -- the life we dreamt of before we married! I have choice.

I think all of this is what Moshe was talking about. He said it over and over. But because we deal primarily with movement as the content of our work, I think it's sometimes challenging for our students to understand that movement is not the goal of the *Feldenkrais Method*.

**SA:** Is this what Moshe is talking about in his book, *The Potent Self*?

**AR:** All that and a lot more! He was saying that the way we respond to our utter dependence at birth, and the necessity of making our parents want to take care of us may be the source of a lot of our difficulties later on. We do things to

ourselves in order to be more comfortable in a situation of total neediness. Maybe we halt the breath, tighten our stomach muscles, or hunch our shoulders... whatever makes us feel somehow better in that situation. Then that behavior becomes so habitual -- so quick -- that we don't see it, we just do it, all the time. It's the precursor to everything we do, we don't notice it, and it becomes the neutral place... so we think we're doing nothing, even though we're working. It's as if our entire system got recalibrated -- like you do with a kitchen scale, so that you can weigh the flour without weighing the bowl that contains it.

**SA:** Starting from a neutral place would be a way into a new pattern?

**AR:** I think it's more that being in neutral makes it possible to find new options. It's one of the things we look for when we do *Awareness Through Movement*. We don't start in neutral -- we lie down and start with the head to one side, one hip higher, one shoulder closer to the ear, the legs holding the feet so they point straight to the ceiling -- but we believe we're symmetrical, we think we're doing nothing. We stand with our weight distributed so that we

can't move forward, back, up, down, left or right without rearranging ourselves. Being in neutral means you can go in any direction, but instead, we're already someplace, only we don't know where that is.

All our predispositions push us away from center without our knowing about it. We're not at neutral, but we don't realize it -- we think we're doing nothing. Once we become aware of what we actually are doing, we open the door to being able to do whatever we want.

So, there's much more to this work than lying on the floor. If you can imagine a way in which you would like your life to be different, it's likely that you could learn something about how to get there by doing [the] *Feldenkrais [Method]*, especially if you can take your learning with you when you leave the class. You have everything to gain!

Allison Rapp will be teaching an advanced training in Princeton, NJ, April 24 and 25. She can be contacted at [fibersgv@gmail.com](mailto:fibersgv@gmail.com).

**"Control is a "bad word" in our culture, but I think we can all agree that it would be useful to set out to do something and know that we did what we intended to do, instead of doing something else. ..."**

—by Pat Buchanan, PhD, ATC, PT, GCFT

The many people who have benefited from lessons with a *Guild Certified Feldenkrais Practitioner*™ need no scientific evidence to validate those effects. They have their direct experiences. Yet others—whether they are contemplating lessons for themselves, health care professionals considering referring a patient to a practitioner, or those who are curious about the effectiveness of the *Feldenkrais Method*®—want to know more about the science behind it.

Moshe Feldenkrais, D.Sc., began developing his method in the 1940s based on his studies of many disciplines through the best scientific literature of his day. For many years, few thought of the possibilities for improving function the way that he did. As a small example, he hypothesized that the left hands of string musicians would have a different and larger pattern of representation, or map of activity, in the area of the brain that monitors the sensations and actions of the hand than would others who did not regularly place such demands on their left hands. He was correct in his understanding of the influence of our sensing and acting on the organization of our brains, but not until 1995 were neuroscientists Thomas Elbert, Edward Taub and colleagues able to document this (Increased Cortical Representation of the Fingers of the Left Hand in String Players, *Science*, vol. 270, Oct. 13). Edward Taub and colleagues have been applying this knowledge to the rehabilitation of people who had strokes or traumatic brain injuries well past the time frame when many thought (and some still do think) that improvement was no longer possible.

Assisted by the technological advances that allowed neuroscientists to learn more about the adaptability of the nervous system across the life span, many other scientists in various disciplines were shifting their thinking in the 1980s and 1990s. Without knowledge of Dr. Feldenkrais, they were “catching up” with his ideas about sensing, feeling, thinking, and acting. Ideas from dynamic systems theory (chaos theory, cybernetics, etc) found their way into human psychology and human movement sciences. The habitual behaviors that Dr. Feldenkrais described as ruts or grooves, dynamic systems scientists called attractors. Deep grooves or strong attractors are very stable and reliable patterns that can be hard to change. We must pay attention, understand what we are doing, explore other options, move in different ways, and sense the effects of our actions in order to allow ourselves to organize new ways of behaving. Along the way, at times we feel confused or unsteady; soon, we have developed reliable alternatives to our deep grooves.

In addition to changes in existing habits, the usefulness of dynamic systems theory in understanding the acquisition of new behaviors has been demonstrated in many studies of infants learning to walk and learning to reach. A leader in



Photo of Esther Thelen, courtesy of Dexter Gormley.

this line of research was Esther Thelen, Ph.D. She and her Indiana University colleague, Linda Smith, authored a research-based book in 1994 (*A Dynamic Systems Approach to the Development of Cognition and Action*) that caught the attention of several highly experienced *Feldenkrais*® practitioners. Soon, a mutually enriching exchange began that ended all too soon with Dr. Thelen’s death in 2004. I was fortunate to do my doctoral studies at IU and have the opportunity to work with Dr. Thelen. She clearly saw the connections between her research and the *Feldenkrais Method*, and became a practitioner herself. I told her she already knew the science behind the *Feldenkrais Method*; she just needed to learn the applications, the techniques, and the repertoire of elegant lessons that Dr. Feldenkrais devised. She looked forward to continuing her work with infants and children as a *Feldenkrais* practitioner after she retired from IU, but never realized that dream.

In 2005, the *Feldenkrais*® Educational Foundation of North America (FEFNA) established the Esther Thelen, Ph.D., G.C.F.P. Research and Education Fund to honor Dr. Thelen’s contributions to the *Feldenkrais Method* and to promote “principled scientific inquiry, professional and personal development, and translational actions that foster societal change”. This young fund awarded its first grant to support research by Gerhild Ulmann, which was completed recently at the University of South Carolina. Her study demonstrated the benefits of a series of *Awareness Through Movement*® lessons in improving the balance and mobility of older adults. Currently, the Thelen Fund is eager to launch a website that will facilitate collaboration and networking among *Feldenkrais* practitioners, scientists, and scholars. This *Feldenkrais Science Network*, or *FeldSciNet*, should be a great tool for continuing

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the dialogue between scientists and practitioners that Esther Thelen began fifteen years ago. The scientific community, *Feldenkrais* practitioners, and most importantly, students and clients will all benefit from expanding our understanding of the science behind the *Feldenkrais Method*.

To learn more about the science behind the *Feldenkrais Method*, visit: [www.feldenkrais.com/resources/bibliography/](http://www.feldenkrais.com/resources/bibliography/), where you will find a list of interesting research studies. Two recent books that tell the stories behind many of the recent developments in neuroscience and that support the principles of the *Feldenkrais Method* are: Sharon Begley's 2008 *Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves*, and Norman Doidge's 2007, *The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science*.

### About the Esther Thelen Fund

**The Esther Thelen Fund welcomes contributions in any amount. Contributions are tax deductible to the extent allowed by law. Please consult your tax advisor. FEFNA is a 501(c)(3) nonprofit, tax-exempt organization dedicated to promoting understanding of the *Feldenkrais Method*® of somatic education.**

**Donations to the Esther Thelen Fund may be designated to support the FeldSciNet project, research grants, or left unspecified for use where most needed.**

**Checks may be sent to:  
FEFNA  
5436 N. Albina Ave  
Portland, OR 97217**

**Persons wishing to donate by credit card may call FEFNA at 866-FEFNA-4U (866-333-6248).**

## The *Feldenkrais Method*®: In the News

MaryBeth Smith, GCFP gave an excellent interview on the Method. Check it out the podcast:  
<http://www.unbreakyourhealth.com/podcasts/Feldenkrais.mp3>

"The Effects of *Feldenkrais*® "Awareness Through Movement"® Sequence on FM Patients," by Stacy Barrows, was published in (Fibromyalgia) *FMOnline*, vol. 7, no. 9. Read it at:  
<http://www.fmaware.org/site/News2?page=NewsArticle&id=6295>

The Method was highlighted in *AARP Magazine*. Read it at:  
[http://www.aarpmagazine.org/health/drug\\_free\\_remedies\\_chronic\\_pain.html](http://www.aarpmagazine.org/health/drug_free_remedies_chronic_pain.html)

Robin Dow, GCFP was spotlighted in *NRToday.com* Go to:  
<http://tinyurl.com/cdlgmg>

The Method was mentioned on a popular Irish Drama called "The Clinic." In the scene, a doctor suggests that a patient try the *Feldenkrais Method* to ease the symptoms of her cerebral palsy. Episode 7, Season 6, it aired in November of 2008. For more information on the show, go to: <http://www.rte.ie/tv/theclinic/index.html>

# The Feldenkrais Method®: One Click Away

—by Lavinia Plonka, GCFP

In Malcolm Gladwell's notable book, *The Tipping Point*, he speaks of the types of people required to create a social epidemic. One of them he calls a Maven: someone who discovers something before others and lets the world know about it. For years, members of the *Feldenkrais*® community were mavens bringing a new field to the world.

Now, Google "*Feldenkrais*" and you will get an average of 894,000 results. The World Wide Web is an exciting resource for learning about the *Feldenkrais Method*®: You can find classes, videos, podcasts. Download free lessons, get free newsletters, join in conversations, visit blogs and even include your own experiences. Every day there are more sites including information about the *Feldenkrais Method*. If you have checked the Web for information about the *Feldenkrais Method*, you are what Gladwell calls an early adopter. It's people like you who will eventually lead to the tipping point moment when the *Feldenkrais Method* finally becomes an "overnight sensation."

In the meantime, here is just a small sampling of some of the wonderful resources you can find. Look for future issues of *SenseAbility* to discover more!

## You Tube

The *Feldenkrais* Institute of NY offers a nice introduction:  
<http://www.youtube.com/watch?v=uvoBRIHdqbs&NR=1>

A very funny video called *Feldenkrais* for Everyone  
<http://www.youtube.com/watch?v=eGXnCUJGP4&feature=related>

The program *Healing Quest* does an excellent program on the *Feldenkrais Method* with Anat Baniel  
<http://www.youtube.com/watch?v=CNVw4ZISLMs&feature=related>

Ruthy Alon demonstrates and speaks of the *Feldenkrais Method*  
<http://www.youtube.com/watch?v=igpJe0kgfzw>

## Veoh

An amazing *Functional Integration*® lesson by Moshe Feldenkrais  
[http://www.veoh.com/videos/v15811338hqwgGxg9?rank=39&numResults=20&category=category\\_educational\\_and\\_howto&offset=20](http://www.veoh.com/videos/v15811338hqwgGxg9?rank=39&numResults=20&category=category_educational_and_howto&offset=20)

**achievingexcellence.com** has a large listing of many free *Feldenkrais* videos

[http://www.achievingexcellence.com/c-free\\_video.html](http://www.achievingexcellence.com/c-free_video.html)

## Podcasts

Ryan Nagy's site offers a wealth of pod casts from some of our most noted teachers  
<http://utahfeldenkrais.org/blog/category/feldenkrais-podcast/>

A podcast for Dancers on use of the foot  
<http://intellidance.blogspot.com/>

A podcast of an interview with Trainer Frank Wildman on the program: *A Taste of Sex*  
<http://personallifemedia.com/podcasts/213-taste-of-sex-guest-speaker/episodes/4415-movement-feldenkrais-dr-frank>

## Free Lessons

Lots of free audio downloads at: [www.laviniaaplanka.com](http://www.laviniaaplanka.com)  
– lessons at your desk as well as free audio downloads from her books

An audio lesson on differentiation of the foot by Moshe Feldenkrais, offered by IFF (International *Feldenkrais* Federation)  
<http://feldenkrais-method.org/en/archive/audio/foot-differentiation>

And don't forget the free lessons at [www.feldenkrais.com/](http://www.feldenkrais.com/)

## Newsletters/Websites

Cynthia Allen's Integrative Learning Center Newsletter offers book suggestions, workshop info and more.  
<http://www.integrativelearningcenter.com/newsletters.htm>

Mary Beth Smith offers many resources at  
<http://www.houfeldenkrais.com/>

## Facebook

Join the group: *Feldenkrais Method*® This Stuff Rocks! Where you'll meet practitioners and Feldie fans alike.  
<http://www.facebook.com/group.php?gid=2265406790>

Do you have a favorite website or online resource for the *Feldenkrais Method*? Do you have a video or podcast online that you'd like others to know about? Contact *SenseAbility*: [laviniaaplanka@att.net](mailto:laviniaaplanka@att.net) with your suggestions.

## Florida

### Better Boneloading

Barbara Leverone, M.A., GCFP

Deepen your understanding of how to effectively build strong bones through lessons in the *Feldenkrais Method*® and other fitness disciplines.

March 14, 10:00 AM - Noon

Bayfront Community Center, Sarasota, Florida

\$35

Contact Barbara Leverone at 941.362.0944 or

barbara@SRQfeldenkrais.com

### Improving Posture

Barbara Leverone, M.A., GCFP

Experience the ease and efficiency of integrated alignment through lessons in the *Feldenkrais Method*®.

April 11th, 10:00 AM - Noon

Bayfront Community Center, Sarasota, Florida

\$35

Contact Barbara Leverone at 941.362.0944 or

barbara@SRQfeldenkrais.com

## Hawaii

### Swing your hips, improve your posture and balance?

Eve Strauss

March 21, 10:00 AM - Noon

at: Kapiolani Women's Center, Artesian Plaza, Honolulu, HI  
call 808.535.7000 to register

www.feldenkraisinhawaii.com evestrauss2@yahoo.com

### Breast Cancer Recovery: Move with Pleasure and Ease

Eve Strauss

March 21, 2:30 - 4:30 PM

Kapiolani Women's Center, Artesian Plaza, Honolulu, HI  
call 808.535.7000 to register

www.feldenkraisinhawaii.com evestrauss2@yahoo.com

### Breast Cancer Recovery: Move with Pleasure and Ease

Eve Strauss

March 28, 1:00 - 3:00 PM

at: Kapiolani Women's Center, Artesian Plaza, Honolulu, HI  
call 808.535.7000 to register

www.feldenkraisinhawaii.com evestrauss2@yahoo.com

### Breast Cancer Recovery: Move with Pleasure and Ease

Eve Strauss

April 4, 12:30 - 2:30 PM

at: Kapiolani Women's Center, Artesian Plaza, Honolulu, HI  
call 808.535.7000 to register

www.feldenkraisinhawaii.com evestrauss2@yahoo.com

### Are you tired of your tired, aching shoulders?

Eve Strauss

April 18, 2:00 - 4:00 PM

Kapiolani Women's Center, Artesian Plaza, Honolulu, HI  
call 808.535.7000 to register

www.feldenkraisinhawaii.com evestrauss2@yahoo.com

## Minnesota

### Full Body Running

Lisa Walker, GCFP

Run farther, faster, with less pain. Run with awareness of your whole body!

Sat. February 28th in Rochester, MN 9:00 AM - 1:00 PM

\$45 advance/\$50 at door

To register, contact Lisa at: feldenkraismn@hotmail.com

### Feldenkrais® Meditation Retreat—"Meditation in Action"

Lisa Walker, GCFP

Grow your capacity for awareness in everyday life.

Sat. March 28th, 9:00 AM - 1:00 PM

Minneapolis, MN House of Prayer (through St. John's University)

To register, contact Lisa at: feldenkraismn@hotmail.com or

Tel: 651.258.4762

www.integratedwellnessrochester.com

## New York

### All About Feet (Part I)

Kathy Yates

Having healthy feet helps us to stand and move more enjoyably, effectively and powerfully; improving the sensitivity and organization of our feet has a strong influence on our whole being.

Sunday, March 15, 1:00 - 5:00 PM

2121 Broadway at 74th Street, Suite 404, NY, NY 10023

\$75 (\$55 if you register by March 10)

Feldenkrais Learning Center: 212.362.8597

Kathy Yates: 212.989.8668, ktyates50@mac.com

www.feldenkraislearningcenter.com/Classes\_Workshops.htm

### Introduction to the Feldenkrais Method®

Rebecca Gardiner

Learn the specific conditions required by the brain to re-program itself and form new connections that provide solutions to pain and injury, while promoting health and well-being.

Sunday, March 22, 1:00 - 5:00 PM

2121 Broadway at 74th Street, Suite 404, NY, NY 10023

Cost: \$75 (\$55 if you register by March 17)

Feldenkrais Learning Center: 212.362.8597

Rebecca Gardiner: 212.736.3331

www.feldenkraislearningcenter.com/Classes\_Workshops.htm

rebecca@learningfrommovement.com

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## ...Upcoming Events

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### **Dance Like Water - Fluid and Strong**

Barbara Forbes

Learn how *Awareness Through Movement*® can help you to explore your own inner wisdom and find spontaneous power for freer, easier movement as you gain the full support of your skeleton, from the ground to the top of your spine.

Sunday, April 19, 1:00 - 5:00 PM

2121 Broadway at 74th Street, Suite 404  
New York NY 10023

\$75 (\$55 if you register by April 14)

*Feldenkrais* Learning Center: 212.362.8597

Barbara Forbes: 212.663.2875

[www.feldenkraislearningcenter.com/Classes\\_Workshops.htm](http://www.feldenkraislearningcenter.com/Classes_Workshops.htm)

[barforb@hotmail.com](mailto:barforb@hotmail.com)

### **Overcoming Back Pain**

Rebecca Gardiner

In this workshop you will experience the process of creating new pain-free ways to move your back while discovering a comfort and ease you had previously only dreamed of.

Sunday, April 26, 1:00 - 5:00 PM

2121 Broadway at 74th Street, Suite 404, New York NY 10023

\$75 (\$55 if you register by April 21)

*Feldenkrais* Learning Center: 212.362.8597

Rebecca Gardiner: 212.736.3331

[www.feldenkraislearningcenter.com/Classes\\_Workshops.htm](http://www.feldenkraislearningcenter.com/Classes_Workshops.htm)

[rebecca@learningfrommovement.com](mailto:rebecca@learningfrommovement.com)

### **North Carolina**

#### **Put a Spring in Your Step:**

#### **A *Feldenkrais* Workshop for the Feet**

Lavinia Plonka

March 28, 9:30 AM - 1:00 PM

This delightful morning will put the twinkle back in your toes so you can once again sprint, gambole, stroll and sashay with pleasure.

[www.ashevillemovementcenter.com/](http://www.ashevillemovementcenter.com/) 828.258.7220

### **Oklahoma**

#### **Our Sense of Touch, Our Sense of Self**

Molly Gibb

Through ATM and discussion a look into how "Touch" influences how we move within our environment and in relation to others.

March 2nd, 6:30 - 8:30 PM

Windsong Innerspace, Oklahoma City, OK

Cost: \$15

Molly Gibb 405.848.5272 or [mthieilaughter@yahoo.com](mailto:mthieilaughter@yahoo.com)

### **US Virgin Islands**

#### **Relax and it will come to you: Inviting the Creative Act**

Lavinia Plonka

March 8 -14, St. Croix, US Virgin Islands

*Awareness Through Movement*, the arts, the beach, and support for your creative process: who could ask for anything more?

[www.laviniaplanka.com/stcroix](http://www.laviniaplanka.com/stcroix)

## **SAVE THE DATES: August 1-6, 2009!**

for the

## **2009 *Feldenkrais Method*® Annual Conference at the**

## **Pacific University of Oregon**

We have invited some of the top teachers in their fields to present workshops that bridge between the *Feldenkrais Method* and other modalities in order to share with you this incredible body of work, which has been a well-kept secret to much of the world. Finding out about the *Feldenkrais Method* will change the way you move and think in the world. Reconnect with your natural ability to move, think and feel!

Located 23 miles west of Portland and 45 miles from the Oregon Coast, at the base of Tillamook State Forest and the Pacific Coast Range, Pacific University of Oregon sits in the heart of Oregon's countryside, near some of the finest wineries in the state. Set amidst towering firs and lush rolling hills, Pacific University offers the perfect chance to "get away from it all".

For more information go to: <http://www.feldenkrais.com/events/conference/>

**Pacific University of Oregon:** <http://www.pacificu.edu/>

**Forest Grove, Oregon:** <http://www.forestgrove-or.gov/visitors/>