

Feldenkrais® Awareness Through Movement® With Application to Fundamental Taiji Movements

Madison Daoguan
2929 Atwood Avenue, Suite 100
Tuesdays, 5:30 PM to 7:30 PM

Instructors: **Sandy River**, 23 year Guild Certified Feldenkrais Practitioner^{cm}
Son Nguyen and **Sarah Nguyen**, Madison Daoguan Teachers

\$15 per class. Take any or all classes. Please bring padding to lie on.

July 27 - Learn to Breathe Deeply - We will be experimenting with a few of the many possibilities available to our breathing muscles, leading to a fuller, easier, more natural breathing into the tan t'ien.

August 3 - Sitting Comfortably, Sitting Well - Finding Your Internal Support - Through exploring and clarifying bending/flexion by learning to soften the chest and lengthen the back, you will begin to sense and discover for yourself a more efficient, effective, relaxed and comfortable organization and alignment while sitting, whether at your computer, in a car, or on your medication cushion.

August 10 - Flexible Hip Joints, Flexible Spine - Explore movements of the legs, hips, spine, and shoulders, and learn to feel their spiraling connections.

August 17 - Spiraling Through the Body From Foot to Hand - Learn to transmit motion from one part of the body through the rest of the body in smooth sequential spirals from joint to joint to joint.

Following each **Awareness Through Movement** lesson, you will be led through specific fundamental Taiji movements chosen to allow and encourage the application and integration of your newly acquired awareness and abilities. Through these lessons, you will learn to feel more and more at home in your body and learn to move more efficiently and effectively, both in your Taiji practice and in your daily activities. In fact, **Feldenkrais** may be the bridge that helps us apply what we learn through Taiji practice to movements we make in our everyday lives. See article at http://www.somatic.com/articles/tai_chi-feldenkrais.pdf

The **Feldenkrais Method®** is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. Such improvement is based on developing a broader functional awareness of the self in the environment.

Feldenkrais work is done in two formats: **Awareness Through Movement** (verbally guided group lessons) and **Functional Integration®** (private individualized guidance through touch). For more information, see http://www.feldenkrais.com/method/frequently_asked_questions/

All classes are appropriate for beginner to advanced Taiji practitioner and beneficial for anyone who would like to:

- learn to move with greater efficiency, effectiveness, ease and comfort
- improve flexibility, coordination, balance
- move with a more fluid, soft, smooth natural quality
- relax and release unnecessary tension, discomfort, and habits which are counter to one's intention
- develop awareness and sensitivity to the subtleties of one's own (and one's partner's) movement

Moshe Feldenkrais, D.Sc. (1904-1984), was an engineer, physicist, and martial arts expert. Drawing on his extensive knowledge of these fields, as well as linguistics, biology, perinatal development, and athletics, Dr. Feldenkrais avoided surgery and taught himself to walk without pain after a severe knee injury. This event was the catalyst for the development of the Feldenkrais Method. Dr. Feldenkrais wrote 17 books, including The Elusive Obvious, Awareness Through Movement, The Potent Self, and two books about judo.

Sandy River is a Guild Certified Feldenkrais Practitioner^{cm} and has been teaching **Awareness Through Movement®** (group classes) and **Functional Integration®** (hands-on lessons) since 1987 in western New York and in Madison. She began studying T'ai Chi in 2007 at the Tai Chi Center of Madison, and in 2009, began her study of Yangjia Michuan Taijiquan with Don Coleman. Sandy also earned a degree in education and directed her own School of Ballet for 25 years in western New York. Her private practice, Body Wisdom Movement Learning Center, is located at 2158 Atwood Avenue. (241-7635)

Son Nguyen has been studying Yangjia Michuan Taijiquan since 2001, including Thirteen Postures, Sections 1, 2, 3, sword, pole, applications, and tuishou. He currently teaches Duan 1 and Sword at the Madison Daoguan and has taught for three years at the UW-Madison PEOPLE Program. (663-0721)

Sarah Nguyen has been a student at the Madison Daoguan since 2003 where she continues to practice YMT forms, tuishou, and weapons as well as Baguazhang. Sarah is an Occupational Therapist with a special interest in helping people with physical limitations to benefit from YMT. She is currently teaching "T'ai Chi Babies" - a guide for parents. (663-0721)