

touch to inform

Your "Walking Engine"... Discover the Diagonals

Sat, February 11, 2017

from 10AM - 5PM

(6 CEs for LMTs)

Concepts and practical applications using concepts from *The Feldenkrais Method*®

What if you could make your walking more comfortable?

The torso of the human body, the area between the arms and legs, is often considered the 'Engine' for Walking. The large muscles that surround the torso are designed to optimize one's posture, coordination and balance. Neurologically, if the autonomic nervous system senses the slightest bit of falling, these muscles tighten. Participants will explore, through personal experience, partner work, and lecture, how to help themselves or others find better balance, coordination and rhythm for efficient, comfortable walking.



Learn to:

- See the value knowing the four corners of the torso is for balance in walking.
- Demonstrate 3 ways to disengage muscular holding patterns through the torso.
- Describe how diagonal lines of action support power and efficiency in walking.
- Demonstrate 3 movement suggestions to help clients experience their diagonal lines

Ionie's, 1241 Fruitville Road, Sarasota

½ block west of Coconut, east of 41

Call to register: 941.360.2248 or 941.587.4535

Fee: \$120.00, 10% less with early registration, 6 CEU's for LMTs

Register and pay online: www.feldenkraisinsarasota.com or

Payment to and mail: TOUCH TO INFORM,
5317 Fruitville Rd, Sarasota, FL 34232



Feldenkrais® in Sarasota
Bonnie Kissam, M.A.

Has a Master's Degrees in Dance and Education. She has been an educator, licensed Massage Therapist and *Feldenkrais Practitioner* since 1983. She studied with Moshe Feldenkrais in Amherst, MA, an Assistant Trainer in Feldenkrais Professional Training Programs and an Anat Baniel Practitioner for Children with Special Needs.

The Feldenkrais Method® is a process that facilitates one's ability to recognize habitual patterns of action, allows time to quiet those actions, and then, through inquiry helps one discover alternative movement patterns that support more ease and efficiency in moving and thought.



TOUCH TO INFORM Certificate Program focuses on the neurological, mechanical and healing aspects of movement.

The goal of *TOUCH TO INFORM* Seminars is to familiarize Licensed Massage Therapists and other professional participants to the New Science of Body/Brain Mapping and sensory learning along with other applicable concepts from the *The Feldenkrais Method*® that can enhance outcomes for clients.

For more information visit www.feldenkraisinsarasota.com or call 941.360.2248



NCBTMB Provider # 452056-12. *Touch to Inform Seminars* is approved by the National Certification Board for Therapeutic Massage & Bodywork as a continuing education Approved Provider. Florida LMTs, CE Broker #50-1980.