



Feldenkrais® in Sarasota

Bonnie Kissam, M.A.

Concepts and practical applications using concepts from *The Feldenkrais Method*®
touch to observe...touch to inform

Friday to Sunday - Apr 7-9, 2017

Release Your Jaw - A *Feldenkrais*® Model - Upper Extremities

Ionie's, 1241 Fruitville Road, Sarasota

½ block west of Coconut, east of 41

Friday, 6:30 - 9:30PM • Saturday, 9:30AM - 5PM • Sunday, 9AM - 4PM



Clenching teeth is often a deep-seated pattern of action that one is not aware of until a dentist points out damage done to the teeth. Or, one might notice headaches or other symptoms resulting from temporomandibular joint dysfunction (TMJD).

Mariano Rocabado, a physical therapist who specializes in research regarding TMJD suggests that improving posture and keeping the jaw joint moving with muscles at 'physiological rest', are key concepts for improvement.

Moshe Feldenkrais, D.Sc., a revolutionary thinker who focused on neuro-muscular movement pattern formation, developed a *METHOD* demonstrating that through fine tuned variations to one's habitual actions, posture and other deeply rooted patterns such as clenching one's teeth and holding ones breath, one can create new possibilities. This seminar uses many underused lessons from the *Feldenkrais Library* for eyes, palate, voice and breathing.

Discover:

- A view that tension in a muscle is part of a muscular pattern, held in the brain
- How to engage in minimal amount of effort and come to 'physiological rest'.
- How breathing can bring awareness to the rib cage and the skeleton.
- How the skeleton is a source of direct support for the head and the temporomandibular joint.
- How to work indirectly to a problem area: pelvis to neck and jaw; eyes to breathing.
- The power of the eyes, tongue and voice in re-organizing the use of the jaw
- How to use TOUCH TO INFORM to affect hidden holding patterns of tension

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

Make check payable to and mail: *TOUCH TO INFORM*, 5317 Fruitville Rd, Sarasota, FL 34232



The Feldenkrais Method® is a process that asks you to recognize your habitual patterns of action, allows time for you to quiet actions that interfere with intention, and through suggestions, help you discover alternative movement patterns so you learn to move more efficiently.

Bonnie Kissam, M.A., has 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. For more information visit www.feldenkraisinsarsaota.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.