

St Pete
2019

JUNE 14-16, 2019

Regain-Maintain

LIFELONG AGILITY

Work smarter, not harder



TOUCH TO INFORM Seminars focus on the neurological, mechanical and healing aspects of movement as thought of by **Moshe Feldenkrais, D.Sc.** Participants learn through sensing and create practical applications from the strategies and concepts presented



DISCOVER the Ability to view:

Tension as part of a muscular pattern held in the brain's image of action.

Balance as Dynamic

How to use the Brain/Nervous System for information gathering - learning.

Touch as a tool to: Observe, Support and Inform

AGILITY means moving easily in any direction (up, down, side to side) quickly and lightly. This requires balance, flexibility and coordination more than force. To create or regain 'agility' using a Feldenkrais Model, the focus is on changing the 'image of action' so that the effort becomes evenly distributed and bending or arching in all directions becomes possible.

Rediscover your ability (at any age or ability) to regain ease in moving in a synergistic manner where antagonists quiet their muscle tonus so agonists can work efficiently. Through specific **Feldenkrais' Awareness** - Movement lessons, partner collaboration, and lecture, participants learn to sense, in detail, how they perform an action and ways to create new variations in 'effort used' or 'path taken' that allows moving to be more efficient and AGILE.

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District Dance Academy
14100 US -19 Suite 138
St Petersburg, FL

Friday, Jun 14 6:30-9:30pm

Saturday, Jun 15 9:30am-5:00pm

Sunday, Jun 16 9:00am-4:00pm

FEE: \$350, 15 CEs

(Early registration discount available)

* must have attended a full day Seminar

To REGISTER or for more information:

www.feldenkraisinsarasota.com/event/st-pete-lifelong-agility

Or call 941.587.4535

Using **"TOUCH TO INFORM"** can **lower** hyper-tonicity while engaging your client. **The Feldenkrais Method®** for neuro-learning facilitates the ability to recognize habitual patterns of action, allows time to quiet those actions and, through inquiry, aids in the discovery of alternative movement patterns that support more ease and efficiency, in movement and thought.

Bonnie Kissam, M.A., (MA36256) has Master's Degrees in Dance and Education and is a licensed Massage Therapist and **Feldenkrais Practitioner** since 1983. She studied with Moshe Feldenkrais in Amherst, MA, is an Assistant Trainer in Feldenkrais Professional Training Programs and an Anat Baniel Practitioner for Children with Special Needs, and is creator of TOUCH TO INFORM Seminars.

Nikki Rollason, LMT, (MA3195) lives, dances and practices in Miami. She received her BFA in dance at the New World School of the Arts and graduated from the Feldenkrais Institute's Manhattan professional training program (2001).



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. Reports to CE Broker #50-1980.