

WALKING WEEKEND

3 Seminars
Attend ONE or ALL



Practical applications using strategies & concepts from The *Feldenkrais Method*®

St. Pete
2019

March 22
**Easy Neck
and Shoulders**
#20-301455
Fri 6:30-9:00
2 CEs

March 23
**Discover your
Walking Engine**
#20-301460
Sat 9:30-5:00
6 CEs

March 24 *
**Move from and
through your FEET**
#20-301463
Sun 9:30-5:00
6 CEs

TOUCH TO INFORM Seminars familiarize Licensed Massage Therapists, Health Care Professionals, educators and other participants with applicable concepts for sensory learning from *The Feldenkrais Method*® to enhance outcomes.

The Walking Engine

Discover your **DIAGONALS**:

Free your **NECK & SHOULDERS**, find **DIAGONALS** in your torso, and refine the actions in your **FEET**.

Your torso, the area between the arms and legs, is your **'ENGINE' FOR WALKING**. The large muscles that surround the torso should optimize one's posture, coordination and balance. If the autonomic nervous system senses the slightest bit of falling, these muscles tighten and stop moving.

FEET support both stability and mobility in Posture and action. Optimize mobility and you find stability!

Discover better balance, coordination and rhythm, and discover new patterns for standing and moving with more lightness and comfort in your **WALK**.

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.

March 22-24, 2019

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

Friday, Mar 22 6:30-9pm \$40
Saturday, Mar 23 9:30am-5pm \$150
Sunday, Mar 24 9:30am-5pm \$150 *

FEE: for all 3 Seminars \$340

(Early registration discount available)

* must have attended a full day Seminar

To REGISTER or for more information:

www.feldenkraisinsarasota.com/event/st-pete-walking-engine

Or call 941.587.4535

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.

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