



Release your Jaw, Your Voice, Your Whole Self



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



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

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Clenching teeth is often a 'deep-seated' pattern of action that causes damage to the teeth, can be the cause of headaches, sensitivity to light and neck pain. The process for sensory learning developed by *Moshe Feldenkrais, D.Sc.* creates possibilities for shifts in even 'deep-seated' patterns.

Engaging Awareness to the Nervous System's hold on muscular patterns, learning to keep muscles at 'physiological rest' and using anatomical support from pelvis, ribs and spine for the head and the temporomandibular joint are the KEYS for improving Temporomandibular Joint Dysfunction (TMJD). You learn the effectiveness of working indirectly in order to **Release Your Jaw, Your Voice, Your Whole Self.**

TOUCH TO INFORM Seminar, Release your Jaw, uses many under experienced lessons from the *Feldenkrais*® Library for eyes, palate, voice and breathing. Through fine-tuned variations of one's habitual actions, posture, and other deeply rooted patterns, you can create new possibilities—new patterns for action. Learning to use TOUCH TO INFORM offers a quiet entrance into many unknown habitual patterns and can enhance therapeutic outcomes for many clients.

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.

NOVEMBER 15-17, 2019

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

Friday, Nov 15 3:00-6:00pm
Saturday, Nov 16 9:30am-5pm
Sunday, Nov 17 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/release-your-jaw-voice-wholeself2

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.