## Water Flowing Over Rocks

A Feldenkrais Method ®, Awareness Through Movement ®, workshop

As dancers and festival warriors, we run the gauntlet of intense physical exertion and strain. Our bodies cop it. Hip pain, back pain and general body fatigue are par for the Rainbow course.

But what if we adopted the way of water flowing over rocks? Better. But how do we translate such fluidity into our two legged reality? Not so obvious.

This workshop uses the Feldenkrais Method’s Awareness Through Movement to bring lightness to some of the most basic actions we make.

Awareness Through Movement uses simple movements lead by voice instruction to feel into, raise and release habits formed around self-use. It is a deeply satisfying window into how we move, and reveals easy ways to do so with greater ease and awareness.

Once the nervous system has a practical experience of a satisfying alternative it is able to adopt it. *You* are able to adopt it. This is learning by following the pathway of least resistance…water flowing over rocks.

This 2 hour workshop is composed of:

Introduction to the Feldenkrais Method

Awareness Through Movement lessons with practical applications for moving and dancing through the festival season.

No previous experience with the method is necessary.

**About Simon Slieker**

I am a graduate of the Australian Feldenkrais Practitioner Training program and am an accredited Awareness Through Movement and Functional Integration teacher. As a DJ, dancer and avid festival goer I am uniquely placed to speak to the modern festival warrior’s experience. I run Feldenkrais Method Awareness Through Movement classes and Walk of the Drum workshops wherein the use of repetitive music sequences and spoken word brings awareness to the body’s integral wisdom.

Moshe Feldenkrais made the observation that despite the western pre-occupation with success there is a fundamental disconnect when it comes to the continual improvement of our self-use: the achievement of using our bodies with ever increasing awareness, ease, grace and pleasure.

Generally it is only athletes, martial artists or individuals with a quest to further them selves where development in self-use continues.

This observation speaks to the heart of what the Feldenkrais Method is about. How do we use ourselves? What are the gaps in our self-image? How are these gaps evident in the way we move? How can we continue to improve so that living and life can be smoother, easier, more comfortable and generally more satisfying?

When dancing we often use major muscle groups and sequences of movements. Some of our natural understanding and familiarity with these sequences could be increased with ATM lessons wherein we are encouraged to slow down and feel the progressions in such a way as to highlight the gaps in our self awareness/self-use. I.e. Raise awareness of the moments when we skip over areas such as when curling the back and some sections of vertebrae may be more or less clear in our image.

Sometimes we discover habitual patterns of movement that cause other problems, over stress of certain joints or muscles. ATM gives you the opportunity to investigate through the method other ways of moving that can relieve the stressed body, and provide more efficient and easier ways of achieving the same result.

And other times what we discover are muscles, or pathways that are absent due to not being fully incorporated into our self-image. Through the FM these “blind spots” are brought into conscious awareness and are able to be incorporated into a more complete sense of your self