

FELDENKRAIS AUSTRALIA

Journal of the Australian Feldenkrais Guild Inc.

October 2015



HANDS:

MARGARET KAYE

BRENT SHAUB

NORMAN DOIDGE

HAND ATMs



EDITORIAL

By Ralph A Hadden

Welcome to this issue of *Feldenkrais Australia* with the special theme The Hands. It's a rich area for exploration for self development, work habits and work with clients, I hope you enjoy the contributions from Margaret Kaye, Norman Doidge and Brent Shaub plus all the suggestions for Hand ATMs. Thank you to those contributors and to all who had input.

I have been steadily working my way through the Alexander Yanai lessons, experiencing them in various ways: in several study groups where we took turns reading the instructions / as taught by Trainers in FPTPs / alternately reading and doing a page with colleague Brent Shaub when he was a housemate / reading the instructions to myself / teaching my ATM classes / utilizing moves in FI. It's been a wonderful exploration. I'm very pleased to report that I recently completed lesson number 500! I started with lesson 1 on 25th May 1995, which means I've averaged 25 lessons per year. My commitment varied, sometimes months went by without a lesson done, and there were other periods when I attempted to do a lesson every day. What a journey it's been, what a splendid resource these lessons are, both personally and professionally.

What I've been reading. Norman Doidge's latest, *The Brain's Way of Healing*, of course. It's wonderful that

Doidge devotes two whole chapters to Feldenkrais. Firstly there's a detailed account of Moshe himself (with some bits of Moshe's life story that I was previously unaware of) and his work. Then there's the story of David Webber who used Feldenkrais, along with other methods, to regain his vision. Both chapters made me want to shout out loud "this Feldenkrais Method® is just so awesome!" And there are all the other chapters with stories of the amazing powers of the brain. Compulsory reading for all Feldenkrais practitioners.

And just arrived in the mail: *Moshe Feldenkrais: A Life in Movement*, Volume 1, by Mark Reese (ReeseKress Somatics Press 2015). I'm so excited to have this in my hands, I expect to have my nose buried in this big book for the next few weeks.

Reading for fun and diversion: *The Rivers of London* series by Ben Aaronovitch. They are police, crime stories set in London, with the twist that there's magic and the supernatural added in. I greatly enjoyed these as audiobooks while on long drives. Start with *Rivers of London* (Orion 2011) and then *Moon Over Soho* (Gollancz 2011).

THE EDITOR

Ralph Hadden (Sydney 1990, Assistant Trainer 2012) practises in Melbourne. He is an AFG (Vic) delegate to the National Council.

ABOUT FELDENKRAIS AUSTRALIA

Feldenkrais Australia is the journal of the Australian Feldenkrais Guild, Inc and is intended for Feldenkrais Method® practitioners and trainee practitioners. Content is copyright © 2015 by AFG Inc. The Feldenkrais Australia journal is mostly made available to members via the internet, with some members receiving a hard copy, at their request. The journal appears approximately twice a year (though only once this year).

Next issue is planned for April 2016; deadline for material is 4th March 2016.

The theme for the next issue is *Neuroplasticity*. Contributions are invited, on this or any other topic.

Please address all correspondence to the editor, Ralph A Hadden:

Email: nationalnewsletter@feldenkrais.org.au

Mail: Feldenkrais Australia, AFG
5 Windermere Court
Blackburn VIC 3130

CONTENTS

GOINGS ON

NEUROPLASTICITY, THE BRAIN & FELDENKRAIS	01
TOM TOM 2	01
FRANK WILDMAN	02
AFG Inc (VIC) COMMUNITY DAY	02
ELIZABETH BERINGER IN PERTH	02
ALAN QUESTEL ADVANCED TRAINING	02
DONNA RAY ADVANCED TRAINING, PROPOSED	02

FEATURES : HANDS

DOIDGE ON THE BELL HAND	03
THE HAND AS THE HUMAN OUTER BRAIN	04
STICKS: TOOLS FOR HAND LEARNING	10

ATMS

HAND ATMS	11
HAND RESOURCES	14

REPORTS

THORNY QUESTIONS	15
YOGA SPIRIT FESTIVAL	16
FRANK WILDMAN	17
FRANK WILDMAN ADVANCED TRAINING	19
IFF ASSEMBLY 2015, GERMANY	22
NEW AFG INC PRESIDENT	24
AFG TREASURER SOUGHT	24

TRAININGS

AUCKLAND/NEW ZEALAND	25
AUSTRALIA	25

PAST ISSUES

RESPONSE TO HABITS, NOV 2014	26
------------------------------	----

NEXT ISSUE

NEUROPLASTICITY	27
-----------------	----

ADS	28
-----	----

ADVERTISING RATES

	AFG MEMBER	NON-MEMBER
Full page:	\$150	\$250
Half page:	\$80	\$150
Quarter page:	\$60	\$75
Business card size:	\$30	\$60

Appearance of an advertisement in this journal is not an endorsement by AFG Inc. of the advertiser or their products/services.

GOINGS ON

NEUROPLASTICITY, THE BRAIN & FELDENKRAIS

A workshop with Dr Susan Hillier (Melbourne 1991), Trainer (2013) and Adelaide University lecturer and researcher in neuroscience.

When: Friday 6 November, 9.30am-4.30pm

Where: Balwyn Community Centre, 412 Whitehorse Road, Surrey Hills Victoria

Cost: AFG member \$135; non-member \$175

Online booking: <https://www.eventbrite.com.au/e/tom-tom-2-tickets-1793527689>

Contact: Jenni Evans jenni@fedebiz.com.au,
Ruth Frommer healthhorizons1@gmail.com

TOM TOM 2

After the first TOM TOM in Brisbane it's now Melbourne's turn. A weekend of Feldenkrais learning by and for Feldenkrais practitioners and trainees.

When: November Saturday 7, Sunday 8, 9am-4.30pm

Where: Balwyn Community Centre, 412 Whitehorse Road, Surrey Hills Victoria

Cost: Interstate participants -AFG members \$30, non members \$50. Local participants - AFG members \$75, non-members \$100.

Online booking: <https://www.eventbrite.com.au/e/tom-tom-2-tickets-1793527689>

Contact: Jenni Evans jenni@fedebiz.com.au,
Ruth Frommer healthhorizons1@gmail.com

FRANK WILDMAN

Frank plans to return to Australia in early 2016.

When: 2016

AFG Inc (VIC) COMMUNITY DAY

When: 1.30-5pm Sunday 6 December

Where: Toorak Uniting Church

Contact: Ann Scanlan 040977458 or
Fran White 0421889812

ELIZABETH BERINGER IN PERTH

Elizabeth (San Francisco 1977), USA based trainer, will be teaching in the FPTP in Perth in January 2016 and will also be running an Advanced Training on the weekend of 16, 17 January. This workshop was offered first to Perth folk and is already booked out.

ALAN QUESTEL ADVANCED TRAINING

Details to be announced

When: Thursday-Monday 10-14, March 2016

Where: Melbourne

Contact: Feldworks, <http://feldenkraisinstitute.com.au>
Jenni Evans, jenni@feldebiz.com.au, +61 3 9737 9945

DONNA RAY ADVANCED TRAINING, PROPOSED

Donna visited Melbourne recently (to see her son who is studying at Melbourne University) and will return to Australia in August next year. AFG Inc Vic Div members have been discussing with her the possibility of an Advanced Training. Possible theme: Interpersonal Neurobiology as it pertains to ATM and FI. Understanding how relationship effects learning and recovering from trauma the Feldenkrais way.

When: August 2016

Where: Melbourne

Contact: Fran White 0421 889 812 (after October 15),
franwhite@optusnet.com.au



FEATURES : HANDS



Our theme for this issue is the Hands. I still vividly remember one of my first

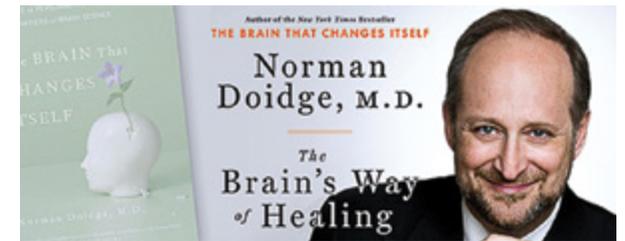
experiences of Feldenkrais. It was in a Frank Wildman workshop, here in Melbourne in 1980. He asked us to sit with our left hand in the lap and sense, observe the hand in detail. Then grasp one finger and gently pull it, in the direction the distal phalanx was pointing. I was amazed! The movement was so fluid and my finger felt ten times longer. Since then I've had many Feldenkrais amazements but I have continued to enjoy fascinating explorations and play with the hands, in FI and ATM.

The hands, fingers and thumb occupy large areas in the sensory and motor brain. So, when we work on the hands, in ATM or FI, we are having a significant impact on the nervous system. And of course when we do FI we use our own hands in a highly skilled way. We Feldenkrais practitioners must have rich neuronal connections in these areas of the brain.

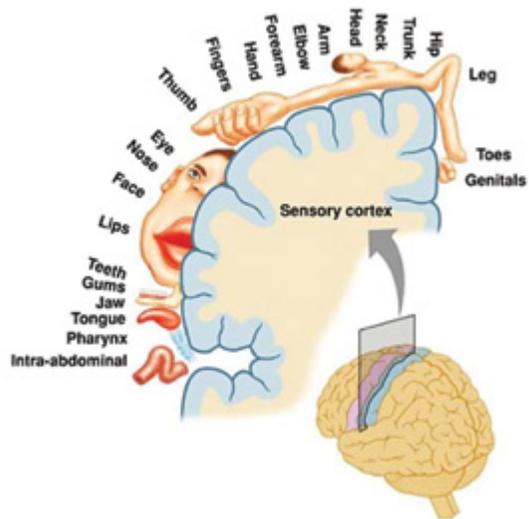
Margaret Kaye gives a delightful case history, Brent Shaub identifies randomly found sticks as valuable tools for hand rehabilitation and learning, I quote from Norman Doidge's latest book where he describes the Bell Hand ATM and we have a bunch of ATMs for the Hand. Thank you Margaret, Brent and ATM contributors for your input. RAH.

DOIDGE ON THE BELL HAND

Extract from *The Brain's Way of Healing: remarkable discoveries and recoveries from the frontiers of neuroplasticity* by Norman Doidge (Scribe 2015)



Feldenkrais began exploring what happened when a person simply opened and closed a hand – the slightest bit. He asked a pupil to imagine softening her palm, then open and close the fingers, drawing them in and out, very gradually, about a quarter of an inch, or less if the fingers were tight, while observing the effects on the rest of the body. This movement could be almost effortless, because when we inhale, the fingers tend to open a minute amount, then contract on exhalation. He called the lesson “The Bell Hand,” to emphasize that the hand is shaped like a bell; the opening and closing of the hand and fingers were so small they were like the vibratory movements of a bell.



Just becoming aware of the movement, and any hand tonus, allows the tonus to diminish not only in the hand but soon in much of the rest of that side of the body and eventually in the whole body. The hand, because it is used so much, has massive representation in the motor cortex. The brain map for the hand is very close to the map for the face and eyes, perhaps because when children see something with their eyes, they reach for it simultaneously with their hands, and neurons that fire together wire together.

(from Chapter 6 A Blind Man Learns to See Using Feldenkrais, Buddhist, and other Neuroplastic Methods. Thank you to Richard Spry (Melbourne 2001) for suggesting this.). ■



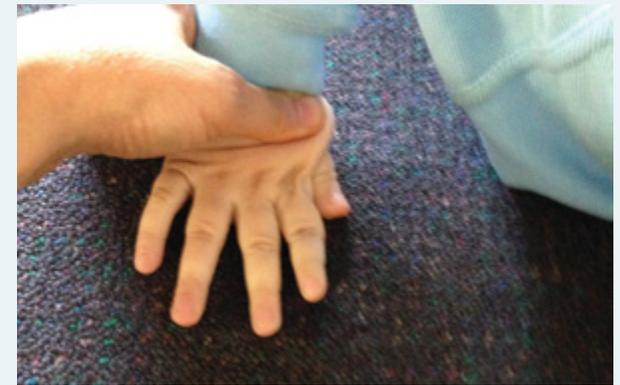
THE HAND AS THE HUMAN OUTER BRAIN

By Margaret Kaye

Margaret Kaye (Melbourne 1991) has run an active Feldenkrais practice since graduating. She is a Certified Feldenkrais Practitioner, an Assistant Trainer and a Bones for Life teacher.

As well as her own regular classes she also runs classes for an organisation that specialises in providing exercise for older people. She runs corporate programs including the Smart Sitting® program; the Leadership and The Body program and the Running Easy program. She has just released recordings Sitting Easy, Sleeping Easy and Running Easy. Margaret also works with performers, such as actors, musicians and athletes. RAH

Moshe Feldenkrais liked to open a public workshop with a hand Awareness Through Movement lesson, such as the Bell Hand. My understanding of this lesson is it is based on primal movements of the hand. The folding and unfolding has more significance than the mere capacity of the hand. The sensory cortex of the brain has neurons that identify areas of the



Kant called the hand the human outer brain, and psychologist Revesz thought the hand is frequently more intelligent than the head. Our hands are often the first point of contact with our environments, and movement with our hands a primary way of communicating.

Ashley Montagu Touching: The Human Significance of the Skin

body being stimulated from somatic receptors in the skin and proprioceptors in the skeletal muscles. The representation or map of the body is called the homunculus, or 'little man'. In it, the 'body within the brain', the representation of the hands is, as a percentage of the brain, huge. In this way Feldenkrais believed we could access a large part of the brain very quickly.

If I ask you to do nothing but notice your hands, they will feel larger, warmer, more vital. If I ask you to do no movement, but to notice your little finger on your left hand, it will feel something else again. We've now engaged a large part of the brain.

Or how about this: interlace your hands together. It's possibly a familiar feeling. Now notice which thumb is on top. And which little finger is below. Unravel them, and interlace them the other way, so the opposite thumb is on top, and the other little finger. You know they are your hands, but they feel so unusual. It's as if someone else is holding your hand. But it is yours. I hook cynics in every time with this experience. They're now ready to learn.

My fascination with hands came originally from my own dilemmas. When I began to work as a Feldenkrais practitioner, I was unable to do Functional Integration in many of the ways we were taught. My hands were still painful and hyper sensitive from a condition so severe I was told I could never work again. My repetitive strain injury was lessened, but I still had to find a way. There was no way I could lift limbs and shuffle trunks. I had to learn how to affect people's sense of self without doing myself harm. I had to work with my hands, and find out how my body could get behind them. That's always the dance.

So how can we think about the hand?

- anatomically
- functionally
- developmentally
- posturally (the kind of grasp for example)
- symbolically (think of handshakes, and prayer poses)
- gesture
- emotionally
- and in relationship to human thought, growth and creativity

There are so many ways. In this article I explore some of these concepts with case studies.

Theo, and his helping hands

In this case study I hope to illustrate how engaging the use of hands in space and in the environment can elicit the freedom of movement and perhaps even voice.

A six year boy I see, 'Theo' who has a severe form of cerebral palsy is kept in a wheelchair for most of his waking time. When I met him he spent most of his time on an iPad with a touch screen on his lap, and was able to swipe with his index finger for screen interactivity. Theo was unable to raise his head, to interact visually with people when they were in his vicinity, and had no verbal skills. The only vocalization I heard was him crying.



Here's how he began on his belly: head down, arms not in use, and thumbs folded.

We may be familiar with the movements of the hand, but their link to expression and communication is profound. It is summed up beautifully in the book *The Hand* by neurologist Frank R. Wilsonⁱⁱ. 'Somewhere between 18 months and two years... the eruption of mobility gesture and verbalism (are) an incomparable moment in human cognitive life and in the genesis of human consciousness.'

My priority was to find a way Theo could move from what seemed like permanent flexion and activate his extensors. Then when I came to visit he would lift his head and stare me in the eyes. Once he was able to raise himself, we could play with the use of the hands. We spent a long time enabling his capacity to grasp objects, cross the midline, and contact between the left and right hand. We did this with Aboriginal clap

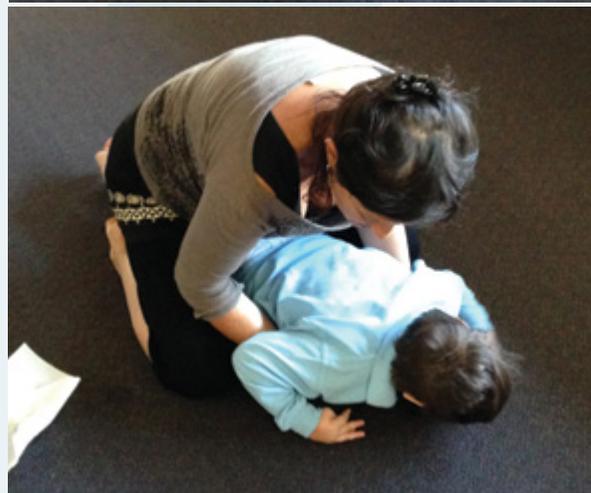
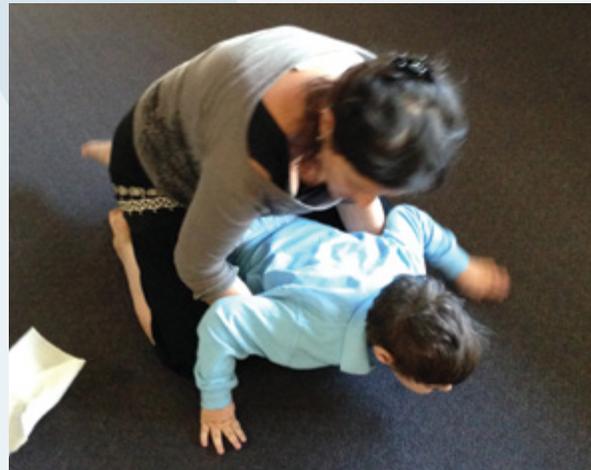
THE HAND AS THE HUMAN OUTER BRAIN *By Margaret Kaye*



He gets the experience of the hand spread on the floor.

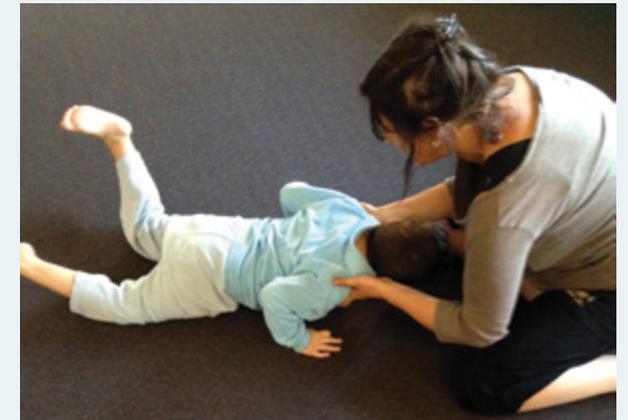


SO do I.



I support his weight but it's precarious. He finds a way to place his hands down.

sticks. We gurgled and laughed together. As we worked he would begin to verbalise, in his own way, his interpretations of his experience. I don't know if it had anything to do with the rhythm of the sticks, his hands

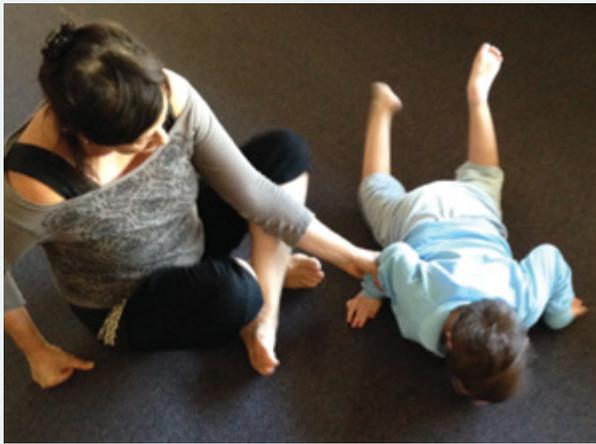


Here's me helping his shoulder to organise for weight bearing.

or whether he was going to get there anyway. Whether this was coincidental is not clear to me.

The confluence of gesture and speech is quite specific according to Dr Susan Goldin-Meadow. In her book *Hearing Gesture: How our hands help us to think*ⁱⁱⁱ, she suggests that the movement and gesture of the hands and the rhythmic pattern is a key mechanism that launch the process for human language acquisition. This was certainly my interpretation of Theo's increased ability to babble with me. His language may not have had specific meaning to me, but it certainly did to him.

The other day when I saw Theo at school his hands were in splints to differentiate the use of the thumb, which is chronically flexed. I removed them and placed him on his belly. He had forgotten how to raise himself and collapsed on the ground. Here's how we



He's beginning to get the sense that push off means he can lift himself.



Success! Hands spread and head lifted.



got him to do it himself: just by showing him he could weight bear. He was able then to use his hands to push down and so to lift his head up high to see the world. If we were to think of an Awareness Through Movement® lesson that fit the work we did it may be the Active Dominant Hand (AY 124), exploring the opening and closing of the hand in various positions. We then put it into practice in FI, in relation to the physical world of the school floor. With Theo those positions were all about engaging with the world. In this context the use of the hands were an essential part of this small boy being able to organize his own weight shift, but more importantly to organize his self-image as an individual with capacity in the world.

Alison and her frozen shoulder



My work with Alison elucidates how the hand can be a conduit to other parts of the body. The freeing of the movement of the hand can enable the rest of the body to be without pain.

Alison is an academic, who sits at the computer a lot, and fits into the main demographic of people who get frozen shoulders: Women over 40.

There's that beautiful Awareness Through Movement lesson called the Bell Hand, but in a one on one session I also make it available as the 'ball hand'. At the conclusion of a range of movement strategies, the take-home exercise is quietly rolling the hand on a tennis ball, in specific ways. We sneak up on the

shoulder without directly working on it (at least to start with). It's fun and not painful. If we work with pain, we'll be telling the body that it needs to protect itself, and that just means limited action. If we work without pain, we feel free to learn to move differently.

So what did we do to get there? Unlike some other lessons where we focus more on the whole movement patterns of the person, this time we focused on the movement of the hand, and implicitly the arm, and shoulder. Any endeavours, at least in the beginning to work in the symptomatic area, were useless. This is a classic strategy of working distally and integrating to a proximal action in order to influence the self-image.

Within six sessions Alison was able to reach above her head. I must confess some of my colleagues did not believe this could be possible.

Here's what Moshe Feldenkrais has to say on it: *Functional integration turns to the oldest element of our sensory system – touch, the feelings of pull and pressure; the warmth of the hand, its caressing stroke. The person becomes absorbed in sensing the diminishing muscular tonus, the deepening and the regularity of breathing, abdominal ease, and improved circulation in the expanding skin. The person senses his most primitive, consciously forgotten patterns and*

recalls the well-being of a growing child^{iv}.

Alison's take home exercise was to quietly roll the ball, enabling pronation, and supination, flexion and extension. Every joint in the hand is woken. And more. Her self is enabled.

The cellist with focal or musician's dystonia

This case study demonstrates how small integrative actions can affect the disjuncture between desire and ability.

Emma is a professional cellist who described her fourth finger on her left hand as weak. She had tried various exercises to increase its strength, but it continued to inhibit her playing. I watched her playing and it was clear the finger was dystonic.

Dystonia is an imbalance of muscle firing (too much tone or too little) resulting in stiffening, involuntary movements, and inability to control the movements. Her finger was responding with reduced rapidity and visibly shaking while she tried to reach to press to the string.

Dr. Nancy Byl, PhD, PT, Professor and Chair of the Department of Physical Therapy and Rehabilitation Science at the University of California at San Francisco

trained several monkeys to work for their supper by making them do repetitive hand movements. After several months they became increasingly reluctant to use their hands and showed signs of stiffness, clumsiness and pain. She believes that the monkeys lost their ability to identify which finger was which, that their brains were unable to make the distinction or map the fine finger action.

So it was with curiosity that I gave Emma a Functional Integration lesson, while she was sitting, her left hand in my hands. We explored the movement of her hand in various ways, including the detail of finding a way where each fingertip easily came to the thumb. More, it was finding out what action could be elicited through the nervous system to engage different organisation of the tiny joints, tendons, muscles and skin.

It's rather like the lesson Surgeon's Hands, but in Functional Integration format, and with only the one hand.

Byl subsequently developed the *Practical Guidelines for Sensory and Selective Sensory Motor Training* which have as the primary goal the restoration of the somatosensory representation of the hand and normal fine motor control^v.



Three main ways she recommends are:

1. *Identify everything about the surface of the instrument, eyes closed..*
2. *...reflect back to the time when the hand was working normally*
3. *constantly remind [yourself] how easy it was to do the task, how warm the hand felt, how each individual digit felt absolutely controlled...and how coordinated the hand felt.*

We did not specifically follow any of the actions suggested in Byl's guidelines, but I suspect simply sitting in the context of playing the instrument, before and after, fulfilled them.

I'll let Emma describe the result: 'Margaret worked with me for only a short time, yet my finger, and my hand in general, feels massively stronger and somehow more whole. The subtlety of (the) work goes far deeper than any other treatment I have had. The difference to my playing is profound. I have more vigour in my hand, all fingers work evenly and, most importantly, I am now able to fully express my musical desires.'

Conclusion

I have barely 'touched' upon many of the fascinating attributes of our humanness and the meaning and intelligence that our hands contribute to that. Suffice to say that if we do consider the hands to be the outer brain, then this may well indicate that our brains are visible, kinesthetically available and not just an interior concept. The relationship of this to the breadth and development of our self-image, and our capacity to learn is vast.

Just recently a friend of mine had to go to hospital for surgery. She told me while in recovery that while she was drug induced, in pain and in distress, just out of surgery, the nurse sat with her and held her hand. It was an enormous gesture that filled her whole body with warmth and calm and comfort. 'I'd forgotten the significance of the holding the hand,' she said.

I'll hand it over to you for now to explore those ideas more. I invite you to hold someone's hand and feel what you can do with that.

Margaret Kaye runs a series of Advanced Trainings around the function of the hand, arms and shoulders, called The Hand, Arms In Acture, and Active Sitting. ■

- i. *The Human Significance of the Skin* Ashley Montagu (1971 Harper & Row 1986)
- ii. *The Hand* Frank R. Wilson (1998 Vintage 1999)
- ii. *Hearing Gesture: How our hands help us to think*, Dr Susan Goldin-Meadow (2003 Harvard University 2005)
- iv. *The Elusive Obvious: Moshe Feldenkrais* (Meta 1981)
- v. (noted by Barbara Conable *How To Resolve Dystonias: A Movement Perspective*)
<http://bodymap.org/main/?p=226>.

Contact Margaret: mkaye@feldenkrais.net.au
www.feldenkrais.net.au



STICKS: TOOLS FOR HAND LEARNING

By Brent Shaub

Brent Shaub (Melbourne 2013) completed 2 years of Feldenkrais training in New York. He then moved to Australia and completed his training here. He practises ATM and FI in Mullumbimby, NSW, and is doing pioneering work developing Auslan-interpreted classes for the hearing impaired. He has been using Feldenkrais for many years to help with his own pain challenges (arising from a serious car accident many years ago). Here he describes his practice of self-care, self-healing for his hands, using random sticks picked up while walking into town from his home. RAH

The “Book on the Foot” ATMs work wonders for the ankles, lower legs and hip joints. In a similar way sticks held in the hands are tools for learning about the fingers, hands, wrists, elbows and shoulders.

Sticks come in different shapes and sizes to meet different needs. Thick sticks fill the palm, allowing curling into a steady hold at the base of the fingers, allowing the palm to close gently around the stick’s circumference. A gentle yet firm grip creates a clarity in the larger joints of the elbow and shoulder. With proper

placement, the shoulder blade itself can slide down from the weight with no interference from the smaller joints. When improperly placed, there is contracting in the upper forearm, part of the palm or top of the shoulder.

Thin sticks allow for precise articulating of the distal finger phalanges. When holding a stick, it’s clear how moving just one finger affects all others. Consciously having one finger drive while the others ride, readily helps coordination of effort, the ability to switch off and receive, as well as awareness of movement propagation through an object. When all five digits are in contact, effects of finger movements on the wrist become clearer; connections of the wrist to the elbow similarly come to fore. A frequent result of a proper position is an increase in space in the carpal tunnel. Small articulations of the fingers and thumb on a stick can reduce unneeded contraction in these sensitive digits. The ability to perform delicate, precise touching is essential in our field. ■



ATMS



HAND ATMS

By Ralph A Hadden

There are many ATMs for the hands in the Feldenkrais repertoire. Below is the list I have assembled, with the help of a generous bunch of Feldenkrais practitioners who sent in their suggestions. Thank you, kind folk!

Alexander Yanai

80: Circles with the hand in sitting

124: Work with the active (dominant) hand

One of the most popular AYs for the hand. Shannon Kennedy shared a link to Feldy Notebook:
<https://feldynotebook.wikispaces.com/Work+with+the+active+%28dominant%29+hand+AY124>

125: Fingers backward

181: Bending the fingers backwards, part 1

182: Bending the fingers backwards, part 2

402 Turning the Palms of the Hands

Joanna de Burgh says: *In the Feldenkrais Guild of North America 2012 Conference, disc 3, 30 mins into*

the CD, Candace (Candy) Conino starts into Turning the Palms of the Hands (Ay 402), or what I think of as Fortune Teller's Hands. She is a delight to listen to - so entertaining. Worth listening to just for the accent. (These CDs are in AFG (Vic) library.)

518: *Borei oomorei* with the hands

Borei oomorei refers to a Hebrew prayer. During the blessing a person looks at their fingernails and turns their hands inward and outward. It is a type of pronating and supinating (Alexander Yanai editor's note)

541: Inverting hands including more

544: Inverting hands

546: Inverting hands in clapping
(Thanks to Margaret Kaye for helping with this Alexander Yanai list.)

Amherst

(from Wendy Leewood): Interlacing fingers/clasped hands rotation? Amherst, year 2 week 6 13/7/81 am2

Improving bending of Wrist: Amherst, year2. week 7, 20/7/81

Julia Broome: Following on from Wendy, also interlacing fingers and toes, hooking the big toe

etc. These flow on to thinking about the analogous relationship between hands and feet. We talked a little about this in recent workshop with Maralee Platt. Also the standing hand in “head under gap” lessons.

BELL HAND 1

Many practitioners recommended Bell Hand (see also the extract from Doidge’s book, above). Kate Pediaditis (2004) very kindly supplied her notes on three Bell Hand ATMs, as taught in the second Melbourne FPTP by Basil Glazer. Here is the first one. Let me know if you’re interested in the other 2 lessons - if there is sufficient interest I will post them on the Feldenkrais Australia Facebook page. RAH.

1. Scan, general, include places you inhabit more than others.
Lie on R side, R arm extended under head. Is your palm facing the ceiling? L leg in front of R on floor, L arm on floor.
Begin to observe, sense R hand.
Move L shoulder ↔ (forwards/back)
Pause
Move L sh ↑ (up/down)
Return to L sh ↔
Pause
Sensing feel of R hand, begin to bring fingers to

ceiling (or wherever pointing). Hand folds in on itself, but fingers not touching. Think of shape of bell, upside down. Apex is centre of Palm. How gently can you play with that idea? ...
Continue but in less studied fashion, more casual.
Rest on back (ROB)

2. Roll to R side.
Begin forming bell. Can it become like your breath, goes on its own in background.
Can your thumb be part of it? Invite more of your hand to participate.
Make smaller.
Notice breath... synchronised with hand?
ROB
Sense of symmetry? Vitality? Inhabiting self?
3. R side.
Begin pulsing (breathing of hand). Becomes a way of sensing/evaluating self.
Begin to lift L leg ↓ slowly. Can hand be constant?
Pause on side
4. Begin bell movement.
Slowly lift L leg ↓, same quality ↑ as ↓
Is breath synchronising? Lift on exhale? Still pulsing...
ROB

5. R side
Begin pulsing. Different quality? Encourage all parts of hand...
Gently roll face toward ceiling and back. Pulsing...
Continue turning head, start to lift leg again, rolling towards back a little? Pulse continue.
Go a little further each time till on back, pulsing...
ROB
6. Supine, both arms overhead on floor. Begin pulsing R hand
Think about rolling to R...
Go ahead only as far as maintaining quality of pulsing. It is the quality control. Where it changes, start over again. Doesn’t matter if you don’t get onto side.
Look for sense of satisfaction with quality of movement.
ROB
7. Both arms overhead. Begin pulsing R hand
Begin to roll ➡ R all the way to side-sitting. May not get there. Go till feel interruption of hand. Slow.
ROB
8. Both arms overhead. Pulse R hand.
Roll to side-sit, then sit cross-legged (move past point where pulse is interrupted) how do you keep

it alive? How does pulsing feel in sitting?

Notice which leg in front, change legs without altering pulse. And back again. Continue, end up with R leg in front.

Lean on L hand. Spiral up into standing, listen to quality of hand, come down again same way.

ROB

9. Both arms overhead gently. Pulse R hand. Quality now?

In a playful way, maintain QUALITY of pulsing as roll ➡ sit ➡ stand, (go past stuck places)

Start to walk, pulsing... Then stop pulsing, feel L side R side. More fully inhabit self?

And also: Irene Lyon free audio recording of the BELL HAND. It's an Mp3 file, 26 minute lesson:

<http://www.irenelyon.com/mp3/BellHand.mp3>

And others

Lisa Campbell: "Surgeon's hands" in Frank Wildman's book *The Busy Person's guide to Easier Movement*

Tamara Diner: Angel di Benedetto Educating Touch DVD in Vic library, includes some hand lessons.

Marie Elz: "Reaching with a Soft Hand" on Cliff Smyth's CD set *Easy Hands and Arms* volume 1. (See further in Hand Resources.)

Feldenkrais Practitioners Of The World (Facebook)

I posted a request for Hand ATMs on this Facebook page and received great suggestions. Thanks for input go to Shannon Kennedy, Kim Hansen, Melrav Glaserman, Paulette Dolin, Lavinia Plonka, Mary Spire, Sheri Cohen, Paul Rubin, Daniela Picard and Alfons Grabher. Below are some of their comments. RAH.

Shannon Kennedy: I have taught a hand lesson that was a combo of couple lessons. The gist of it is using your imagination and painting your hand with a soft, small brush and honey or silky paint. Take the paint job up your arm to your shoulder. Filling in all areas of your arm and hand. I did this with a group of knitters and the response was great. One gal, due to her MS was not able to open her hand in 3 weeks, after the lesson she opened it freely.

Melrav Glaserman: "Fingers Backward"

by Lynette Reid in link:

http://kinesophics.ca/fingers_backward/

Sheri Cohen: All the above, plus Sawing Arms!

Butterfly arms! Also, Ruthie Alon taught a lesson in our training she called, "Pathway of Least Resistance" where the arm is brought overhead by way of touching yourself across the belly, chest, mouth, etc." Not sure

of the reference. These are more indirectly for hands, but are excellent for decreasing tonus in the hands.

I also find the four part breathing lessons with hand keeping rhythm by turning and tapping very interesting for hand coordination. These have AY references (*I think she means 180 and 186, RAH*), but you can also find a great recording by Richard Ehrman from the conference in 2001. ■

HAND RESOURCES

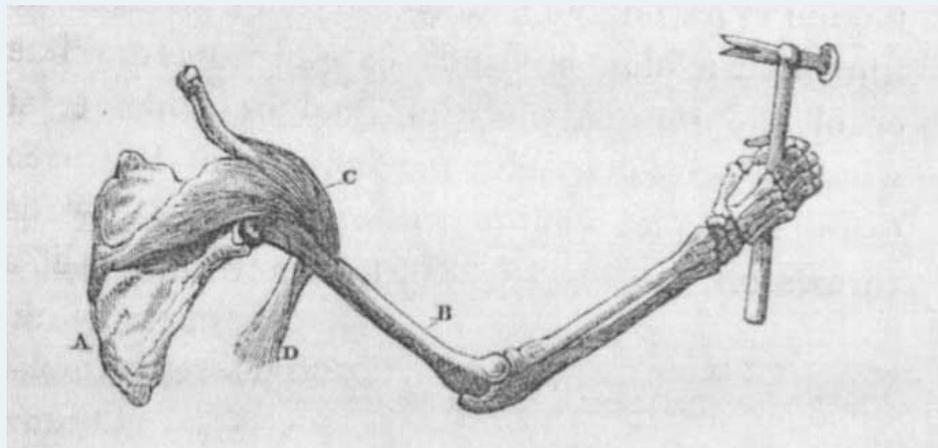
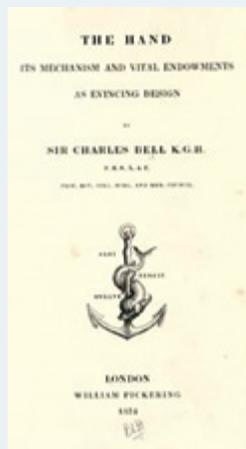
Cliff Smyth Easy Hands and Arms CD set (and also articles): <http://www.learningforhealth.com/rsipreventioncds.cfm>

From Fran White (Melbourne 1991):
The Hand (how its use shapes the brain, language and culture) by Frank Wilson (Random House 1998). There is a fascinating chapter on the Feldenkrais Method® (chapter 13 “Tough, Tender and Tenacious”) with input from David Zemach-Bersin and Anat Baniel

Hands, by John Napier (Princeton University Press 1993)

Sir Charles Bell, in 1833, wrote “The Hand – Its Mechanism and Vital Endowments as Evincing Design, a brilliant anatomy a book about the structure of the hand (*RAH: an early version of Creationism/Intelligent Design. You can view this book in Google Books: https://books.google.com.au/books?id=9jhIAAAAMAAJ&redir_esc=y*)

Another great anatomist (and adversary of Charles Darwin), Sir Richard Owen in the mid 1800s postulated that our arms and legs, our hands and feet, fit into a larger scheme.



REPORTS



THORNY QUESTIONS

By Eric Kiernan

Eric Kiernan (Melbourne 2008) was national president of AFG Inc from 2012 to 2015. Eric

practises in Maleny, QLD and includes Aikido and Voice Dialogue in his Feldenkrais practice. He has represented AFG Inc at the International Feldenkrais Federation and is chair of AUSTAB. As AFG President, advocating the Feldenkrais Method® as it relates to pain management, Eric met with Professor Milton Cohen last year and came away with some interesting comments on how the Feldenkrais profession presents itself. The article below is an edited version of Eric's report to the AFG Inc. National Council. RAH.

Milton Cohen is a Professor of Rheumatology, Consultant at St Vincent's Pain Clinic and Board member of PainAustralia Ltd. I visited him while I was in Sydney to get his views on advocating for the Feldenkrais Method®. Milton refers clients to

NSW practitioners and they know him well. It was a challenging meeting. Milton is very gracious, charming and generous and made some significant points that were very different to my own thinking. I'm not quoting him directly here, this is just my recollection of the substance of his remarks.

How to advocate to Health Departments

Milton seemed to think it was not worth the bother.

Feldenkrais Method®

Why call it a method? A method for what? Milton gave an example: Take 2 eggs, add water and flour...that is a method. What we have is a therapy. Perhaps we should think of ourselves as Psychosomatic Therapists. Milton questioned why we call ourselves practitioners. We are therapists, a much higher calling.

Research

Randomized Controlled Trials (RCTs) do not do justice to the Feldenkrais Method® and they are very expensive. They measure outputs not outcomes. The Feldenkrais Method® targets quality of life using integrative, wholistic approaches. Milton in some ways has a similar approach to us in talking with clients. For example if a patient reports that he/she feels stiff and

sore after walking for an hour he will ask 'How long can you walk without pain?' 'Ten minutes', says the patient. 'Then why do you walk for an hour and then spend two hours in bed?'

Science and theory

Milton considered it important that, to become a practitioner, a person reads a lot of theoretical work. While Feldenkrais' science was cutting edge at the time, perhaps now it is out of date. It may be time to rewrite the science of Feldenkrais and the way we teach it. There are many developments which were not known at the time, or which have changed: neuroplasticity, neurogenesis, the therapist-client relationship, nociception (the neural encoding and processing of harmful stimuli) and so on. ■



YOGA SPIRIT FESTIVAL

By Brent Shaub

AFG had a presence at Mullumbimby's Yoga festival.

Local practitioner Brent (Melbourne 2008) reports. RAH.

The experience of meeting Feldies of different backgrounds and interests was worthwhile for learning. I received FIs from two new sets of hands which was nice.

One student was asking people walking by if they knew what Feldenkrais was, followed by doing a few different standing ATMs. This led to about 18 conversations of varying length about Feldenkrais over the two days she was there. The majority participated in the standing ATMs though a few just walked away. It was a good way to break the ice though not for the sheepish.

Moshe's books at the stall gained interest from four newcomers, and Norman Doidge's new book attracted one.

One person went to Roger Bowden's ATM and said much praise to me about it (I know her from the local



theatre); one person came out to my ATM class the following week. Information for Feldenkrais events in Lismore, Gold Coast and Mullumbimby was given out. Information from practitioners in Sunshine Coast and Maroochydore Qld was featured daily on a pin-up board.

We had two FI tables which worked out pretty well except when the rain struck and the second table was getting wet. Fortunately it was dry for 75% of the day time over the three days with only two strong rains on the final day.

The cost was \$550. \$250 was given by NSW State guild and \$250 by QLD. Thank you. Free fliers were shipped at a cost of \$15.

The stall earned \$177.20 gross from FIs. The net \$112.20 will be distributed to contributors and the NSW and QLD state libraries.

The exact tally of FIs given was approximately 16 over three days.

Thanks to all those who attended, contributed to the transporting of things, lent their hands for FIs or voices for ATMs.

Jim Mant: setup and break down, transport to and from venue, FI table use

Linda Pontecorvo: marquee use, FI table use, pin-up board, carpet, break down

Stephanie Stone, Linda, me: FIs on public

Jim Mant, Roger: FIs on Feldenkrais folks

Nancy Hunter: ATM introductions / ice-breakers

Kylie Collins, Tahnee Woolf, Greta Seed: presence, answering enquiries

NSW and QLD state guilds: offsetting the stall fee

Christine Heberlein: mailing flyers

And to those practitioners and teachers who sent in adverts of their services.

A special thank you to Jenny Groves for introducing me to Yoga Spirit Fest, and outlining the process of organizing a stall with the YSF and local Feldenkrais Practitioners. ■



FRANK WILDMAN: CHANGE YOUR AGE

By Ralph A Hadden

Q. What's the difference between a jazz guitarist and a rock guitarist?

A. One plays millions of chords for an audience of three, the other plays three chords for an audience of millions.

What does it take to “sell” the Feldenkrais Method®? We have all struggled for years to attract customers. But some enterprising Feldenkrais teachers have had success with an alternative to ‘pure’ Feldenkrais.

You create a package, targeting a specific clientele or set of needs. You offer shorter, simpler lessons, extracted from the ATM canon, but with the boring bits left out. Or offer specially created lessons. It's best to have a book &/or sets of audio or video recordings. The next step is to franchise it, training other people to offer your program.

Ruthy Alon has done it with her Bones for Life and Movement Intelligence programs, Michael Krugman



with Sleep Better, Alan Questel with Pregnant Pauses and Frank Wildman with *Change Your Age*.

Frank freely admits, *Change Your Age* is not Feldenkrais. But it does give students healthy, life-enhancing skills and this will lead many of them towards Feldenkrais.

Frank Wildman's weekend workshop on 22, 23 November 2014 was held in the Hawthorn Town Hall. The event was organized by AFG(Vic), chiefly by Maria Colosi and Lexine Anastasios, though many others helped in many ways, including volunteers. The event was fully booked, with 115 attending plus volunteers. About $\frac{3}{4}$ were general public and the remainder practitioners.

FRANK WILDMAN: CHANGE YOUR AGE *By Ralph A Hadden*

It was a brilliantly presented weekend. Frank is always a clever, accomplished teacher, explaining clearly and making the student feel as if what he/she is doing in the workshop is the best, most important thing ever.

There was a series of short 'ATMs', very little rest time in between movements, half an hour for a lesson, then straight on to the next one. It felt as if he had, from 20 or 50 well known, basic ATMs, taken all the interesting, fun bits and used them, while leaving out the thorough, longer examinations of movements- the boring bits, requiring sustained attention, eliminated.

Examples:

- Supine, bend one knee, lift one side of pelvis... roll pelvis side to side... knees drawn over chest, roll side to side
- Supine, bend knee wide
- Supine, pump breath- inhale, hold, push up and down, pelvis rolls
- Pelvic rock
- Prone, lift head... bend knees, lift one leg, other
- Chair, 1. side bend- one buttock beyond edge of chair, up/down, 2. Pelvic rock 3. Sit in chair reversed, head lean on hands, pelvic rock. 4. In chair reversed, combine shift L/R and pelvic rock to go in circle.

- Chair sit<-> stand (Alexander style), include wiggle one leg, other, both.
- Sit on floor, hands hold opposite feet, so ankles are crossed, lengthen legs so ankles uncross and wrists cross. Roll side to side, knees bent in middle, long to sides
- Sit on floor, hold foot with hand, pass knee inside/outside. Hold both feet, one knee in, one out <->. Side sit, holding feet, change to side sit other side
- Side sit on floor, change to side sit other side. First with hands helping on floor, then swing arms in air.

Experienced local Feldenkrais teachers, including myself, volunteered to be "spotters", standing on the sidelines and offering help to any participants who were having difficulties. Spotters participated in the workshop free of charge and there was a sharing of duties so we all got to have some time on the floor. I enjoyed being a spotter, intervening to sort out confusions, misunderstandings, unnecessary struggles. Spotters benefitted by being seen by potential customers as being associated with this 'prestige' event. This was another way that the local Feldenkrais community benefitted from Frank's visit, along with the healthy media publicity that was generated.

To my comment "there is a balance between



Frank with CYA assistants and spotters (and Frank's wife Viviana on his left)

intervening and waiting to let person work it out for themselves" Frank replied, yes, but here we intervene sooner. This captured an important difference between CYA and Feldenkrais- it's quicker, get the movement, possible with intervention, or demonstration on a student and move on. Bam, bam, bam! Get up, move around between lessons and observe differences, elicit audience comments on improvements (don't ask for any feedback, ask for *improvement* comments).

Is this a valid presentation of Feldenkrais? Is this impure? Is pure Feldenkrais too long, slow and demanding for most of the population? If we want to earn a living, should we be quick fix, cheap thrills, superficial? I think there is a place for all of these variations and the quick, easy stuff will lead some students to more sustained study of 'serious' Feldenkrais. ■

FRANK WILDMAN ADVANCED TRAINING: THE NEW ROYAL ROAD TO THE UNCONSCIOUS



After the weekend workshop for the public Frank presented a 3 day Advanced Training, 24-26 November, again organized by AFG Inc (Vic) and held also at Hawthorn Town Hall in Melbourne. About 50 practitioners attended. I heard varying reports on the training, some said it was fantastic, others that there were too many extended periods of just talking. My thanks go to Penina and Vladimir for their reports on the event. RAH. ■

REPORT 1: THE NEW ROYAL ROAD

By Penina Gunzburg

Penina Gunzburg (Melbourne 2008) does Feldenkrais 1 day/ week and works 3 days at an Acquired Brain Injury clinic (as a physiotherapist but she includes some Feldenkrais). RAH.

I came to the Frank Wildman advanced training with an expectation of meeting a seasoned practitioner and teacher, with an ability to make complex movements easy to explore. My previous knowledge of Frank's work came from using his book *The Busy Persons Guide to Everyday Movement* as a physiotherapist before becoming a practitioner in the Melbourne 3 training. I considered him to be a celebrity in the Feldenkrais world. I am pleased to be able to say that Frank is indeed a master at teaching ATM and making movements, such as jumping up onto a plinth in one ATM, a reality. The themes I enjoyed included, exploring orientation of movement that occurs from within, such as breathing, coughing, vomiting and other fundamental movements vital for life. The subsequent FI practice continued this theme and I was able to put this into practice. The following days saw ATMs which explored orientation of oneself in space,



That's Penina on the left, facing camera

with positions from sitting on the plinth to spiraling and rolling onto the floor in one fluid motion. This brought a lot of smiles and intermingling. Frank delivered concepts regarding higher consciousness "confusion is the door you have to walk through to higher consciousness" and "Feldenkrais felt sensation was the road to the unconscious". We also heard ideas of feelings being the result of organised sensations, which we express as emotions. There was also talk of different theories of brain function and organisation. This led to other meandering discussions on working with clients with trauma and post traumatic stress disorder. Frank created an openness for discussion both in the training and during the breaks. I could appreciate the wealth of experience and skills of the practitioners in the room.

REPORT 1: THE NEW ROYAL ROAD

By Penina Gunzburg

There was a lot of nostalgia in the room, with Frank remembering Moshe's direct teaching, and practitioners remembering their time with Frank during their initial training. It was lovely to witness this deepening of memory and relationships, and being a part of the journey. I valued Frank's candor, and his self reflection displayed. But perhaps one of the most valuable experiences for me was meeting practitioners from all over Australia, feeding off each other's enthusiasm for learning, for community and for what we have to offer in spite of the challenges. Frank was successful in instilling this passion in his first training and, for me, that is what he achieved this time around too. ■

REPORT 2: CHANGE YOUR AGE AND ROYAL ROAD

By Vladimir Solowiej

Vladimir (Melbourne 1991) practises Feldenkrais in Blackburn, Victoria. He is on the AFG Inc (Vic) committee.

In relation to *Change Your Age*, it is fair to say that this was an unqualified success. It was fully attended by the public and by quite a few Feldenkrais practitioners and graduates. (I was there with a number of others as an assistant or helper).

Much can be gleaned about the success or failure of an event from the prevailing atmosphere. In relation to that, there was a feeling of curiosity, expectation and certainly by the second day a sense of excitement and pleasant surprise. People participated enthusiastically, made many positive comments and were absolutely amazed as to what they did and could achieve. Notably, there were positive comments about the quality of organisation of the event. The helpers were also fully engaged.

The credit for most of it must surely go to Frank himself. His presentation was well paced and clearly explained; there was no sense of being 'pushed', for

example. The people were likely to have felt welcomed and supported.

For those who are unfamiliar with the 'Change your age', concept it is based on some *functional* 'shortened or contracted' Feldenkrais ATMs as well as other original moves and ideas. For more details, one can go to Frank's "Change Your Age" website: <http://www.changeyouragenetwork.com/index.php/en/>

All in all, it was a great introduction and an advertisement for the Feldenkrais Method. Even I was inspired and challenged.

The New Royal Road to the Unconscious



In general, the workshop followed the usual format of some ATMs and some FI practice. The overall aim seemed to be an attempt to reach some levels of

the unconscious mind through the use of what may loosely be described as the more visceral functions or processes of the body, such as swallowing, breathing and regurgitating or vomiting.

There was not as much FI practice or as many ATMs as one usually finds in advanced trainings – especially the FI practice. The FIs were deceptively simple but highly effective when put into practice as I have since found out with some of my clients. The ATMs on the other hand were –except for the first day - anything but simple. They were complex and challenging, demanding a great deal of body awareness: a true whole mind/body engagement – almost athletic in nature.



There was a great deal of discussion on a broad range of topics, especially on the second day by Frank and many challenges and questions by some

attendees. Frank spoke at length about neuroplasticity, psychology, the nature of the brain and Feldenkrais' background, some of the people who influenced him, the evolution of his thinking over the years and how he came to be in America. He mentioned some of the past and present leading figures in all those fields, naming some important books on the subject of neuroplasticity. In other words, he put Feldenkrais and his Method into a broader context.

In the area of 'psychological anatomy', for want of a better phrase, he mentioned how *Sensation produces Feelings which lead to Emotion and how Motion is Emotion without the E in front*. The implication here being that a better understanding /experience of this could lead to a deeper reach into the Unconscious.

The overall experience of this event proved to be somewhat controversial for some attendees. Some people were disappointed that there was not enough probing of the Unconscious, that Frank talked too much on the second day about matters which they felt were unrelated to the general theme of the advanced training. While I can understand that, I do not agree.

What one gets out of something, largely depends on one's expectations. Those who expected a Feldenkrais/ Buddhist retreat, a sure pathway to Nirvana or instant

Enlightenment would have been disappointed. On the other hand, those like me, who went with an open mind or who hoped for something unusual, different or unexpected, would have been more than pleased. On the contrary, I was stimulated, challenged and reassured in my professional development.

If I merely wanted another opportunity for FI practice or to experience another ATM, I would have picked another trainer. I expected more than that from Frank and I got that and more. I appreciate his breadth of vision, his originality and his ability to 'see' the future. Continue to be different and controversial Frank! You can never expect to meet everybody's expectations all of the time.

What I found disappointing was some people taking this as an opportunity to air and press some of their own personal issues which were most likely unrelated to this training or to the presenter. It was at times embarrassing and somewhat frustrating to listen. Certainly unfair to all.

In conclusion, I would like to thank the Victorian Guild and all those associated with organising the whole weekend and this advanced training. It was professional, controversial and daring. Thank you. ■



IFF ASSEMBLY 2015, GERMANY

By Elisabeth Schmidt-Davies

Elisabeth (Sydney 1990) has a Feldenkrais practice on the NSW Central Coast (since 1991). She is currently president of AFG Inc, NSW division and the IFF representative on AFG Inc National Council. Previously she was editor of Contact, the predecessor of this journal. She represented Australia at the 2015 IFF assembly in Germany. Here is part of her report to National Council (edited). RAH.

I have recently returned from the annual International Feldenkrais Federation Assembly, hosted this year by the German Feldenkrais Association in Wandlitz on the outskirts of Berlin. We were 26 representatives of 14 Guilds/Associations and of 3 TABs and 5 Board members.

Our four day meeting, 24-31 May, included a process regarding 'developing membership', poster presentations by each representative present about their respective guilds/associations, motions and budgets, presentations, and other discussions.



Some delegates outside the hotel in Wandlitz

The most exciting news I wish to share with you first is the new photos resource and a wonderful new video clip.

The budget available to the IFF comes from the subscriptions of its member guilds and associations. The Australian Feldenkrais Guild Inc. pays a percentage of its income from its own membership subscriptions, like every other member organisation. Because of this every member of the AFG is automatically a member of the IFF. Therefore every member owns the materials that have been developed with money allocated in the IFF budget to specific projects. You gain access to them through the Distribution Centre (DC).

The DC is the business arm of the IFF, it manages all materials that have been developed and the archive. It also organises translations, transcriptions, and products. All surplus funds derived from the sales of IFF materials go directly back into creating more translations, and developing new products. This allows practitioners and students to have access to the work

of Dr. Moshe Feldenkrais. In a relatively small market place there is little scope for making profits. However, by buying your own copy of the various manuals, CDs, and DVDs, the IFF and DC can continue the work of preserving and publishing these vital resources.

NEW photo resource for you

The first step of the Contemporary Images Working group of the IFF has been successfully completed. The photos are now available on the new IFF website. Photographer: Robert Golden

Many practitioners and associations have asked for permission to use the images on their websites and in publications along with an increasing numbers of requests from people preparing publications and displays about the Method of Dr Feldenkrais.

Guidelines for Use

These images are available for practitioners' personal use and for their promotional materials (e.g. websites, brochures, etc.), providing you credit the Archive properly. Commercial use such as books or magazine articles requires a signed agreement with the IFF; please email the **Materials Manager**.

The credit line should read: © International Feldenkrais® Federation Archive. When the name of the

collection and/or photographer is supplied, this should also be included in the credit. (e.g. © International Feldenkrais® Federation Archive, Modern Photos, Robert Golden)

High resolution versions of photos suitable for publication will eventually be available for a preservation fee. Please be patient as we put the mechanisms in place to accommodate these requests.

Login to www.feldenkrais-method.org

1. **click** > archive
2. **click** > archive collections
3. **click** > images
4. **click** > modern photos

Stunning video clip!

At the 2014 IFF Assembly a **video project** was started as a next step. "Some short videos shall be produced that can be used by practitioners worldwide to illustrate the work." The board participated in shaping the project further. We agreed that we wanted "a look from outside". The videos should not be written by practitioners but by video and advertisement professionals. Two board members met with Marcela Bretschneider from Argentina who is responsible for the video project to discuss and clarify the process.

[From the IFF Board Report 2014/15 signed by Diana Sternbach, Gwendolyn Schwinke, Petra Marx-Promny, Vesna Puric, Wolfgang Säckl.]

After hearing that a European production of a professional video would cost about € 60,000 Marcela Bretschneider, IFF Rep from Argentina, proposed to produce this clip in Argentina. The actual production cost turned out to be only € 1,500 (about \$2,250AUD).

Marcela made contact with Argentinian's famous film director, production manager, and writer Mariano Nante. His last movie '*La calle de los Pianistas*' (The Street of the Piano Players) had been selected as the closing feature for the Buenos Aires film festival. Born in Buenos Aires in 1988, he studied Filmmaking at Universidad del Cine and Philosophy at the University of Buenos Aires.

Marcela told us how amazing it was to work with him. The filming happened during a 12 hour day of continuous ATMs. After having discussed with her that the video was to attract people who are new to the Method - not to give answers but rather to create curiosity, intrigue, and questions - Mariano Nante did not want any suggestions about what to film and how to edit the clip. Marcela road tested the finished clip with a group of young people and said 'they all got it'.

Here is a link to this wonderful video :)

<https://www.youtube.com/watch?v=1oGCC9aXkvo>

19 June 2015

From the IFF Statutes [edited]

The IFF is an association called the "International Feldenkrais Federation", the IFF for short. It brings together recognised bodies (professional groups, associations and guilds) which have as their aim the development and promotion of the Feldenkrais Method.

The IFF aims are:

- to promote and develop relations between the different groups which belong to the Feldenkrais Community, (that is to say those who are working in the spirit of the Method developed by Moshe Feldenkrais).
- to draw up common programmes of research, co-operation, promotion, conciliation and education, through supporting the initiatives of those recognised bodies which adhere to it and through developing its own initiatives. It offers its co-operation but does not impose it. It does not interfere in the internal administration of those recognised bodies.

They retain their existing functions, unless they agree otherwise.

It does this through:

- developing and supporting programs of co-operation, co-ordination, research information, communication and education
- publishing, translating and distributing materials
- documenting the Feldenkrais Method and its practice
- collecting and archiving materials
- organising and supporting forums for discussion and education
- using the IFF Annual General Assembly as a forum for discussion and preparation of decision making among members, in addition to the Assembly's decision making role
- undertaking common projects and programs with and through members ■



Council members at Melbourne meeting, L to R, Lexine Anastasios, Mary Kelsey, Ralph Hadden, Elisabeth Schmidt-Davies and Wendy Dymond. Also present, but not pictured, Executive Officer Elizabeth Carey

NEW AFG INC PRESIDENT

At the AFG Inc National Council meeting in Melbourne, 21-23 August 2015, Wendy Dymond accepted the position of AFG president. The position has been vacant since Eric Kiernan stepped down early this year (Yvonne Wilcox filled in as acting president) and council members were very pleased that Wendy was willing to take on this role. Wendy (Perth 2009) practises in Northam, WA, and also uses Feldenkrais thinking in her consulting and teaching in the field of agribusiness. Congratulations and thanks to Wendy!

Present at the meeting:

Lexine Anastasios, Secretary and Victorian delegate

Wendy Dymond, West Australian delegate

Mary Kelsey, Queensland delegate

Elisabeth Schmidt-Davies, New South Wales delegate

Ralph Hadden, journal editor and Victorian delegate

Elizabeth Carey, Executive Officer

Our meeting was also visited by Miranda Foyster, National Accreditation Survey (in person) and, via Zoom teleconference, Deb Mason, Treasurer; David Hall, PR working group; Luz Stanton, Re-structure/Constitution; Michael Cann, IT working group.. ■

AFG TREASURER SOUGHT

Deb Mason has performed valuable service as treasurer for the AFG Inc for 9 years but will be stepping aside when a new council is formed at the national AGM in February 2016. A new treasurer is needed, please consider the position. There will be assistance given to the new person in the job, and by then there will be new technology in place which will make the job much easier. ■

TRAININGS



AUCKLAND/ NEW ZEALAND

A new training commences this September in New Zealand. Stephanie Spink, Melbourne

based practitioner and Trainer, is the Educational Directore.

Segment 1

9-23 September 2015

Trainer Stephanie Spink

Segment 2

16 January-3 February 2016

Trainer Petra Koch, Germany

Segment 3

9-24 June 2016

Trainer Stephanie Spink

Training organizer Beverley Barclay Pointon says *We welcome applications, trainees making up missed segments and also reviewing or visiting trainees and practitioners.*

Contact: admin@feldenkrais-training.nz,
website www.feldenkrais-training.nz ■

AUSTRALIA

There are trainings happening in Perth (contact Sara: sara@yogamoves.net.au or phone 0415 363 313), Brisbane and South-East Australia (contact Jenni: jenni@feldebiz.com.au, phone +61 3 9737 9945, <http://feldenkraisinstitute.com.au>)

PAST ISSUES

You can read past issues of this journal, and previous eNews bulletins on the AFG Inc website. Go to the AFG Inc website: <http://www.feldenkrais.org.au/> members, log in and on the members home page click on the “News & Events” menu and click on “Past Newsletters”.

RESPONSE TO HABITS, NOV 2014

There is a chapter on Habits in Feldenkrais Illustrated: The Art of Learning by Tiffany Sankary. Here is the link to the chapter:

<http://www.movementandcreativity.com/blogs/blog/18454587-feldenkrais-illustrated-chapter-7-habits>



Feldenkrais Australia Journal, May 2013



Feldenkrais Australia Journal, June 2014



Feldenkrais Australia Journal, December 2013



Feldenkrais Australia Journal, November 2014

NEXT ISSUE



NEUROPLASTICITY : CONTRIBUTIONS INVITED

By Ralph A Hadden

Neuroplasticity is a hot topic now in the general community but we in the Feldenkrais profession have known about it 'forever'. Norman Doidge, Dan Siegel and others have publicized the modern neuroscience which endorses and advances all that Moshe was saying many years ago. It's an exciting time for our profession. I invite contributions on this theme for our next issue in April 2016. In particular:

- Reviews of Norman Doidge's new book *The Brain's Way of Healing*. Ideally I'd like two reviews, one of the book as a whole and another on the two chapters on Feldenkrais.
- Reviews of Dan Siegel's books: *Mindsight*, *The Mindful Brain* and others
- Reports on workshops by Karol Connors (Neurology) and Susan Hillier (Neuroplasticity)
- Case histories, stories
- Moshe anecdotes
- ATMs with a neuroplasticity flavour
- Recommended reading
- Links to YouTube or other internet resources

Contributions, reports, debates and arguments on other topics are also, of course, very welcome.

To submit a report on a workshop, training or event, follow this JotForm link, it makes it easy for you to do all the required bits for an article, report, comment or whatever you wish to offer:

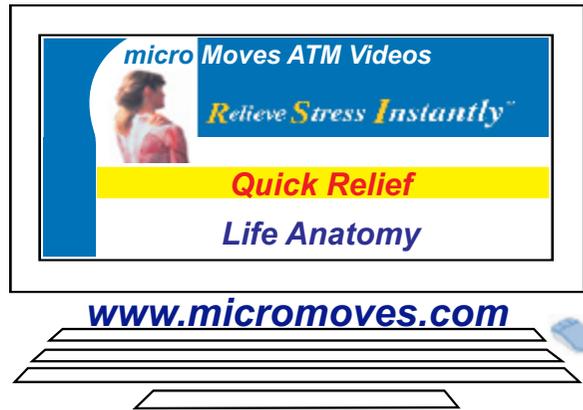
<http://jotform.co/form/40381389362862>

Next issue published in April 2016, deadline for contributions is 4th March 2016.

Suggestions for future themes, comments, feedback, compliments, complaints? Email me, Ralph Hadden: nationalnewsletter@feldenkrais.org.au or post a comment on the Feldenkrais Australia Facebook page: <https://www.facebook.com/FeldenkraisAustralia>

FREE SAMPLES ERGO TIPS

Benefits for
wrists, back, shoulder, neck, knee, travelercise



info@micromoves.com
Ph. 780-414-0273
Toll Free 1-877-414-0505
www.micromoves.com

Sherry Ogg
BGS-Kin, RMT., GCFP
Jacque Ogg
MA GCFP

ADVERTISE HERE!
Worldwide readership

ADVERTISING RATES

	AFG MEMBER	NON-MEMBER
Full page:	\$150	\$250
Half page:	\$80	\$150
Quarter page:	\$60	\$75
Business card size:	\$30	\$60

Send your ad to
nationalnewsletter@feldenkrais.org.au

Appearance of an advertisement in this journal is not an endorsement by AFG Inc. of the advertiser or their products/services.

Australian Feldenkrais Guild Inc.

PO Box 285

Ashfield NSW 1800

afg@feldenkrais.org.au

www.feldenkrais.org.au

Facebook: Feldenkrais Australia

Twitter: FeldenkraisAus

Youtube: AustFeldenkraisGuild

Awareness Through Movement® and Functional Integration® are registered trade marks; Feldenkrais Method® and  are certification marks of the Australian Feldenkrais Guild Inc.

FELDENKRAIS AUSTRALIA

Journal of the Australian Feldenkrais Guild Inc. Oct 2015