

Stepping Forward – Ready to Move

The *Feldenkrais Method*® of Somatic Education

Annual Conference, Seattle University, August 23 – 27



Russell Jaffe, MD, PhD

How Moshe Changed My Life

Moshe Feldenkrais once said, “If we don’t know where we came from, how will we know where we are going?”

Honoring that history and the growing momentum of the *Feldenkrais Method*®, we're excited to announce Dr. Feldenkrais’s personal physician, Dr. Russell Jaffe, as our keynote speaker. A forward thinker in both the scientific and medical world, he was greatly admired by Dr. Feldenkrais.

Dr. Jaffe will share personal stories and conversations from his time with Moshe and explain why he thinks the *Feldenkrais Method* will continue to be an increasing part of optimizing our health, wellness and ability to function in the world.

Seeking New and Better Moves?

Habituation and limitations happen. They sneak in quietly as we go about our daily activities – attending to ourselves, others, pets, work, even at play. Fortunately, there is a surefire way to address those unwanted habits by creating new options.

Come join in the fun of self-discovery and new possibilities for yourself at the *Feldenkrais*® conference this summer. There’s a stellar lineup of classes, workshops, and a world-renowned keynote speaker. You’re guaranteed to discover new possibilities and strategies for day-to-day living.

Wednesday, August 23
Opening Gala, 6 – 7:30pm
Keynote, 7:30 – 9pm
\$30 (Gala & Keynote)

Register online at feldenkrais.com/2017-registration

Early-bird rates through May 31, learn more at feldenkrais.com/conference

Feldenkrais®, *Feldenkrais Method*®, *ATM*® and *Awareness Through Movement*®, are service marks of the *Feldenkrais Guild*® of North America.



Stepping Forward — Ready to Move Public Events — *Join us!*

AWARENESS THROUGH MOVEMENT® (ATM®) CLASSES

8:30 – 9:30am

Thursday, Aug 24

- I Don't Know How Long My Short Term Memory Is....
- Wild Walking: Learning from Dogs and Birds
- Balancing and Counter-Balancing the Diaphragms
- Shoulder Segue — Gain Easy Use of Your Arms and Hands Through Your Shoulders

Friday, Aug 25

- Length and Fists
- Expanding Your Repertoire of Sounds with Babbling
- Honing Your Edges
- Move Like a Poet Speaks – Learn to Move with Eloquence!
Part 1: Empower vs. Power

Saturday, Aug 26

- A Safe Spiral Lengthens Your Spine
- The Radical Act of Restoration
- Move Like a Poet Speaks – Learn to Move with Eloquence!
Part 2: Free Yourself into a Fuller You!
- Eyes in Sight

Sunday, Aug 27 – Special Conference ATM® lesson!

Everyone is invited to learn directly from Dr. Moshe Feldenkrais.
Recorded during his first U.S. training.

WORKSHOPS

10am – 5pm

Thursday, Aug 24

- Moving into a Felt Sense of Safety in Any Practice
- Got Neuro-plasticity? Using Movement to Create Oxytocin to Help Regenerate Your Brain (w/Rupert Isaacson, autism expert)
- A Fresh Perspective on Early Development

Friday, Aug 25

- When You Are Moving through Grief and Loss
- The Ball, the Bowl, the Slinky: How the Head, the Pelvis and Spine Work Together to Move Us Powerfully through Life

Saturday, Aug 26

- Learn from the Man Who Walked Off Parkinson's Disease
- Listening with Your Whole Body: Better Hearing through Embodied Attention
- Journey to the Floor... And Back Again!

Sunday, Aug 27, 10am – 12:30pm

- Succeeding Through Transitions: Transferring Ease in Everyday Life
- Dance Your Life Forward with Power and Grace
- Stepping Forward — From Behind
- On Being Human: Reversible Dance Between Earth and Sky



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Thursday – Saturday (ATM® & Workshop), \$150/day
Sunday (ATM & Workshop), \$75
Everything! (includes Gala & Keynote), \$550