

# Falling...

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, APRIL 17/18, 1999

Falling down, falling in love, fear of falling, falling asleep, falling out of favour, falling apart, falling all over yourself...  
What is it about falling that is so central to our experience that it can describe so many of our states?

This workshop will explore the theme of falling. What is the relationship between falling and safety, risk, creativity, enhanced abilities and a life that is a little bit easier?

Through *Feldenkrais®-Awareness Through Movement®* we will look at the benefits we may derive from a deeper understanding and experience of falling.

If the idea of falling concerns you, be assured that no demands will be placed on you that are beyond your abilities.

This workshop is geared towards participants of all levels of experience with *Feldenkrais®-Awareness Through Movement®* and of all ages who are seeking a more familiar relationship with the floor that carries us.

## ONE

1. Introduction	08:38
2. Talk about Falling	08:25
3. Introduction to ATM	02:41
4. <b>ATM 1: The smallest fall you can take</b>	33:29
5. Discussion (not recorded)	00:10
6. Talk: About the Myth of Icarus	02:43
<b>Total</b>	<b>56:19</b>

## TWO

1. <b>ATM 2: Falling to the side</b>	29:54
2. Discussion	01:44
3. Talk: When do you fall?	08:39
4. <b>ATM 3: Reaching and freeing your pelvis</b>	30:44
5. Discussion	01:37
<b>Total</b>	<b>72:48</b>

## THREE

1. <b>ATM 4: Falling in and out of your chair</b>	20:18
2. About the <i>Feldenkrais Method®</i>	10:28
3. <b>ATM 5: Improving your balance-falling, rolling &amp; rising</b>	37:21
4. Discussion	02:55
<b>Total</b>	<b>71:08</b>

## FOUR

1. <b>ATM 6: Falling from the ground up-from your stomach to sitting and back again</b>	32:35
2. Discussion	02:20
3. Talk: Falling from Grace	02:24
4. <b>ATM 7: Rolling like a top</b>	24:00
5. Good Bye	00:24

<b>Total</b>	<b>61:53</b>
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<b>Complete recording time:</b>	<b>4h 22:08</b>
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# The Moment where we begin...

An Exploration between Intention and Action

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND APRIL 8/9 2000, SECOND EDITION 2005

When and how do our thoughts and intentions turn into actions?

How often do we unknowingly create unnecessary work for ourselves?

How can we become more like we imagine ourselves to be? The significance of understanding these questions is key to accurately fulfilling our objectives in life.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons we will inquire into this moment between intention and action.

By discovering how we initiate the things we do, we can improve our efficiency, reduce our discomfort and create a life more to our liking.

## ONE

1) Introduction	10:43
2) <b>ATM 1: Rolling with Your whole Self</b>	33:25
3) Marking Time	02:53
4) <b>ATM 2: Beginning, Middle, End (can be done from the floor or from a chair)</b>	12:41
<b>Total</b>	<b>59:42</b>

## TWO

1) Big Picture, Little Picture	02:45
2) <b>ATM 3: Lifting Your Pelvis with more of Yourself</b>	34:42
3) Symmetry and Asymmetry: Self Image	04:07
4) Intro to ATM 4	01:42
5) <b>ATM 4: On Hands and Knees, Lifting Limbs</b>	19:48
<b>Total</b>	<b>63:04</b>

## THREE

1) Discussion	07:26
2) Some Major Concepts of the <i>Feldenkrais Method®</i>	09:01
3) <b>ATM 5: Pelvic Clock, Improving the Proximal</b>	33:24
4) The Right Way to Do Something	02:42
<b>Total</b>	<b>52:33</b>

## FOUR

1) <b>ATM 6: X-Position: Pressing and Lifting/ Lengthening and Shortening</b>	25:24
2) Discussion	03:45
3) <b>ATM 7: Rolling From the Opposite Hip</b>	<b>23:00</b>
4) Good Bye	00:44
<b>Total</b>	<b>52:53</b>

**Complete recording time: 3h 48:12**

# The Pleasure of Challenge... the Challenge of Pleasure

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND MARCH 24/25 2001

Did you ever think it could be a challenge for you to have more pleasure in your life? Or could you imagine experiencing greater pleasure when you are faced with a challenge? Pleasure and challenge, experiences that are too often exclusive of each other, will be the focus of our days together.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons you will safely and enjoyably inquire into your process. The results will be an enhancement of your understanding of what you feel, how you relate and how you respond to the challenge of finding more pleasure in your life and the pleasure of meeting a challenge.

## ONE

1) Introduction to the <i>Feldenkrais Method®</i> / Pleasure and Challenge	16:17
2) How to do ATM	02:16
3) <b>ATM 1: Pleasurable Arms / Pleasurable Self</b>	33:00
4) Discussion	04:01
<b>Total</b>	<b>55:34</b>

## TWO

1) Comfort and Breathing	01:58
2) <b>ATM 2: Paradoxical Breathing</b>	<b>25:51</b>
3) Adaptation to Change / The right way to do something / Getting sleepy	08:24
4) Kinds of Challenge	02:04
5) <b>ATM 3: Puzzle #1</b>	29:57
6) Frustration, laughter and curiosity	03:00
<b>Total</b>	<b>71:14</b>

## THREE

1) <b>ATM 4: Even distribution of effort</b>	24:52
2) Symmetry-Asymmetry / Learning how to learn / Sustaining ourselves in challenge / Our skeleton	17:47
3) <b>ATM 5: Puzzle #2</b>	25:43
4) Tight bellies / How to teach the other side	04:14
<b>Total</b>	<b>72:36</b>

## FOUR

1) What part of you needs to be in a room to be in the room / What is walking?	07:48
2) <b>ATM 6: Walking with your back</b>	<b>27:40</b>
3) Stability-Mobility / Getting old	03:18
4) <b>ATM 7: Taking off your...</b>	22:15
5) Thank you and good-bye	00:50
<b>Total</b>	<b>61:51</b>

**Complete recording time:** **4h 21:15**

# Creating Creativity®

Embodying the Creative Process

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, JUNE 8/9 2002 SECOND EDITION 2007

At times in our lives, being more creative is something many of us wish for. But how do we access it? *Feldenkrais®-Awareness Through Movement®* lessons can help you explore, further understand and realize your creative potential. We will look at some of the foundational aspects of what it means to be creative and how we can more fully embody the creative process, as you become more present you will gain insight into your own process and appreciate how you can create your creativity.

If you are looking for a deeper understanding of yourself, an enhancement of your sensitivity and a revitalization of your own uniqueness, this workshop can most definitely be the catalyst to what you are looking for.

## ONE

1) Creativity... are you creative?	16:42
2) <b>ATM 1: Generating Choices</b>	45:42
3) Discussion	03:25
4) Intro into ATM - Compulsion, spontaneity, the moment of creativity and habits	06:29
<b>Total:</b>	<b>72:18</b>

## TWO

1) <b>ATM 2: Exploring the Habitual... &amp; the Non-Habitual</b>	27:59
2) Questions and Answers	08:18
3) <b>ATM 3: Rolling your Head... and more</b>	34:02
4) Discussion	01:33
<b>Total:</b>	<b>71:55</b>

## THREE

1) <b>ATM 4: From your Belly to... Surprise!</b>	37:01
2) More on the processes of Creativity	18:43
3) What is Feldenkrais?	02:02
<b>Total:</b>	<b>57:46</b>

## FOUR

1) <b>ATM 5: Intention, Action &amp; Context</b>	31:22
2) Discussion	07:26
3) Intro into ATM - Where are we in our process?	01:12
4) <b>ATM 6: Beginning, Middle &amp; End &amp; Back again</b>	19:22
5) Discussion of ATM	04:40
<b>Total:</b>	<b>64:04</b>

## FIVE

1) Intro into ATM - Sustaining ourselves in the process	02:33
2) <b>ATM 7: Finding your Skeleton</b>	31:25
3) Goodbyes	00:46
<b>Total:</b>	<b>34:44</b>

**Complete recording time: 4h 50:47**

# Uncommon Sensing®

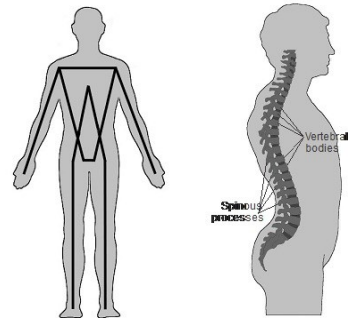
Moving Beyond Your Self-image

WEEKEND WORKSHOP IN FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND JUNE 5/6 2004

Our self-image is defined by how we think, what we feel and what we do. How we perceive our world is colored by our personal history which influences our actions and behavior.

The limitations we experience in our life are often caused by ways of thinking, feeling, and doing that we were born into. To become more of who you would like to be is easier than you may imagine.

*Feldenkrais®-Awareness through Movement®* help you to perceive unknown aspects of yourself. In this workshop you will discover that it can be easy and fun to move beyond your self-image.



## ONE

1) Introduction / Self-image / Simon Says	12:54
2) <b>ATM 1: Shoulderness</b>	40:31
3) Discussion / Throwing a ball/What should we feel?	05:36
<b>Total</b>	<b>59:01</b>

## TWO

1) Being three dimensional	03:16
2) <b>ATM 2: Threads and Gentle Fingers</b>	44:00
3) Discussion	03:28
4) Where does your arm begin & end / Born into a language / The truth? / Herniated disks	06:23
<b>Total</b>	<b>57:08</b>

## THREE

1) <b>ATM 3- Arms to Your Hips</b>	<b>43:21</b>
2) Discussion	01:59
3) <b>ATM 4: Legs To Your Chest</b>	33:49
<b>Total</b>	<b>79:10</b>

## FOUR

1) Discussion	04:15
2) Discussion / Vulnerability / The environments influence / Imagination / Decreasing the effort / Raise your right hand	16:20
3) <b>ATM 5: Pressing and Lifting Your Ribs</b>	39:31
4) Discussion / Awareness...Self-consciousness / Doing less...	07:02
5) Surprise and Discovery	01:38
<b>Total</b>	<b>68:48</b>

## FIVE

1) <b>ATM 6: Looking and Lifting...for a Surprise</b>	31:39
2) Discussion	02:28
3) New connections / Where is your spine?	04:53
4) <b>ATM 7: Moving Around A Central Axis</b>	36:49
5) Discussion & goodbyes	03:50
<b>Total</b>	<b>79:41</b>

**Complete recording time: 5h 43:48**

# Reversibility...ytilibisreveR

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MAY 28/29, 2005

"If you know what you are doing, you can do what you want."  
M. Feldenkrais

So how do we come to "know what we are doing"?

Developing our awareness is the path to "knowing what we are doing". Reversibility is the keystone to "knowing what we are doing".

It is when our actions become REVERSIBLE that we can truly say we have a choice in what we do and how we do it. Being able to more easily move from where we are...to where we are going...while being able to effortlessly change directions at any moment will be the focus of our inquiry.

Utilizing *Feldenkrais®-Awareness Through Movement®* lessons we will develop our capacity for "reversibility" and discover its impact on our actions, emotions and thinking.

## ONE

1) Intro to the method; Liking yourself; Reversibility	12:19
2) How to do ATM	02:06
3) <b>ATM 1: Attention on the return</b>	41:36
4) Questions and Answers; What to do when a movement gets harder	06:25
<b>Total:</b>	<b>62:26</b>

## TWO

1) <b>ATM 2: Book on the foot #1</b>	39:35
2) Checking in	01:30
3) Reversibility, falling and what else is irreversible	05:21
<b>Total:</b>	<b>46:26</b>

## THREE

1) <b>ATM 3: Falling reversibly #1</b>	37:42
2) Checking in; Habits and pain	05:08
3) <b>ATM 4: Book on the foot #2</b>	36:40
<b>Total:</b>	<b>79:30</b>

## FOUR

1) Checking in; Working more than we need to; Resting	03:10
2) Lots of ideas	20:28
3) <b>ATM 5: Book on the foot #3</b>	50:02
<b>Total:</b>	<b>73:40</b>

## FIVE

1) Checking in	03:02
2) Finding playfulness and getting interested	02:58
3) <b>ATM 6: Falling reversibly #2</b>	34:49
4) Checking in and a new way of exploring	02:39
5) To be reversible we need to...	04:53
<b>Total:</b>	<b>48:21</b>

## SIX

1) <b>ATM 7: Book on the foot #4</b>	49:29
2) Checking in; Interacting with discomfort; Novel situations; Gauging improvements	04:59
3) <b>ATM 8: In and out of a chair reversibly</b>	22:45
4) Checking in and closing comments	02:30
<b>Total:</b>	<b>79:43</b>

**Complete recording time:** **6h 48:06**

# Getting Hip

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, SEPTEMBER 23/24, 2006

Want to get hip, literally?

In movement this can be done through discovering your hip joints. Your hip joints are the key to easy and comfortable movement -- but they are also mysterious and hidden from our self-image.

To move from your hip joints is more than just a nice idea, it is an experience you can embrace and utilize more and more frequently in your daily life.

Discovering your hip joints and exploring their potential for movement can help you experience new possibilities for moving through your life with a comfort that you had previously only hoped for.

'Getting hip' is more than just 'being cool'...it is finding an ease and grace for creating more enjoyment in all the things you do.

## ONE

1) Introduction	15:33
2) <b>ATM 1: Getting to know your hip joints</b>	45:31
3) Discussion	06:25
4) Where are our hip joints? And....	06:13
<b>Total:</b>	<b>73:42</b>

## TWO

1) <b>ATM 2: Hooking your toe #1</b>	40:08
2) Discussion	05:05
3) Our whole self! Pain...when? Function, learning and our internal conversations.	07:49
<b>Total:</b>	<b>53:02</b>

## THREE

1) <b>ATM 3: Getting to know your hip joints in another way</b>	35:49
2) Discussion... and a short experiment	05:03
3) <b>ATM 4: Hooking your toe #2</b>	20:18
4) Discussion	04:21
<b>Total:</b>	<b>65:31</b>

## FOUR

1) Discussion...pain, taking care of ourselves, the use of our attention, trusting yourself... or the experts?	20:11
2) <b>ATM 5: Reaching out from your pelvis</b>	45:35
3) Discussion	06:54
<b>Total:</b>	<b>72:40</b>

## FIVE

1) <b>ATM 6: Hooking your toe #3</b>	37:29
2) Discussion. Symmetry and appreciating differences.	06:07
3) Proportional distribution of movement, moving our pelvis from both ends and stability.	14:29
<b>Total:</b>	<b>58:05</b>

## SIX

1) <b>ATM 7: The Feldenkrais Crawl</b>	39:04
2) Discussion. Being inclusive of our experiences and a story about Margaret Mead.	04:03
3) <b>ATM 8: Towards an upright posture</b>	26:21
4) Discussion & Goodbyes	04:31
<b>Total:</b>	<b>73:59</b>

**Complete recording time: 6h 36:59**

# May The Force Go Through you

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, APRIL 12/13, 2008

Making our lives easier, more efficient and more comfortable can emerge from a more efficient use of our skeleton, yet it is a hidden and relatively unperceived aspect of who we are.

The function of our skeleton is to bear weight and transmit force, however it is underutilized in our everyday use. Finding our skeleton can become a new way for us to interact with our environment.

Through *Feldenkrais®-Awareness through Movement®* we will discover how we can become more "skeletal", resulting in a new and more vital sense of ourselves in a truly foundational way.

## ONE

- |  |              |
|--|--------------|
| 1) Intro and some of the ideas we'll be exploring  | 14:15        |
| 2) <b>ATM 1: Using The Ground To Move Yourself</b>   | 57:59        |
| 3) Discussion – Using ourselves in surprising ways / A change is how different we are from our habitual way of sensing ourselves | 06:56        |
| <b>Total:</b>  | <b>79:10</b> |

## TWO

- |  |              |
|--|--------------|
| 1) <b>ATM 2: Turning Through The Top Of Your Head</b>  | 30:45        |
| 2) Discussion – How novelty can affect us / The antagonistic relationship of our muscles / Ben Gurion standing on his head | 05:03        |
| 3) <b>ATM 3: Rocking And Oscillating Through Yourself #1</b>   | 43:27        |
| <b>Total:</b>  | <b>79:15</b> |

## THREE

- |  |              |
|--|--------------|
| 1) Discussion – Stable...mobile... stable... / Uncomfortable or unfamiliar | 03:28        |
| 2) <b>ATM 4: Minimal Lifting – Organizing Yourself At The Initiation</b>   | 35:30        |
| 3) Discussion – Lots of ideas  | 21:39        |
| <b>Total:</b>  | <b>60:37</b> |

## FOUR

- |  |              |
|--|--------------|
| 1) <b>ATM 5: Impossible Lifting Or Possible Pressing</b> | 45:45        |
| 2) Discussion – And more ideas                           | 04:58        |
| 3) <b>ATM 6: Sitting to Stand With More Of Yourself</b>  | 37:43        |
| <b>Total:</b>  | <b>78:26</b> |

## FIVE

- |   |              |
|---|--------------|
| 1) Discussion – What changes / Reminding ourselves / The feeling of surprise and utilizing things | 05:07        |
| 2) Discussion – What is a well organized movement / Feelings / Sympathetic vibrations             | 05:45        |
| 3) <b>ATM 7: Rocking And Oscillating Through Yourself #2</b>                                      | 43:22        |
| 4) Discussion – What if I don't feel something...   | 02:06        |
| <b>Total:</b>   | <b>56:20</b> |

## SIX

- |   |              |
|---|--------------|
| 1) <b>ATM 8: Walking With Your Back... Letting The Force Go Through You</b> | 30:59        |
| 2) Discussion – What we do with our bellies / Remembering to like yourself  | 03:35        |
| <b>Total:</b>   | <b>34:34</b> |

**Complete recording time:**

**6h 28:46**



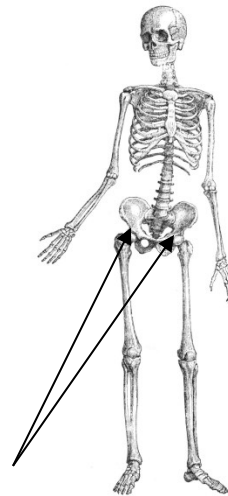
# Balance

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, OCTOBER 10/11, 2009

Balance (or the lack of it, describes how you are, both physically and emotionally. You know what it is...but what is it really? Balance is something you only really think about when you lose it. But do you know what you lose? Finding your balance is easier and closer than you think!

In this workshop you will experience some of the fundamental ideas that inform you about your balance as well as ways you can understand it, utilize it and play with it. You will discover how instability can become mobility and how immovability can become stability. Through *Feldenkrais®-Awareness through Movement®* lessons you will explore how it is you have balance, loose it and regain it again.

The location of your hip joints



## ONE

- 1) Introduction to the method/learning & movement/what is balance? 19:11
- 2) **ATM 1: Balancing between Sitting and Lying #1** 32:07
- 3) Discussion-Getting used to differences/Struggle/Doing it 'right' / The only principle in Feldenkrais & being inclusive. 10:30

**Total:**

**61:48**

## TWO

- 1) Intro to ATM: When have you felt a challenge to your balance? Do we know how we stand.... 01:46
- 2) **ATM 2: Standing Over Your Hip Joint #1** 36:32
- 3) Discussion-We know ourselves more clearly through movement / Being more skeletal 04:08

**Total:**

**42:26**

## THREE

- 1) Intro to ATM: Two legged dogs! / Explanatory principles & experiential understanding / Experiencing our center of gravity 03:12
- 2) **ATM 3: Sacral Clock** 45:19
- 3) Discussion – The range of experiences we can have / Adapting the lesson / The sensation of an ideal movement 05:29

**Total:**

**54:00**

## FOUR

- 1) **ATM 4: Standing Over Your Hip Joint #2** 41:18
- 2) Discussion – Connecting to our everyday moments / Finding our hip joints/Disrupting balance & finding it again / Finding neutral... boundaries... / Stability & mobility 15:43

**Total:**

**57:03**

**FIVE**

- |   |              |
|---|--------------|
| 1) <b>ATM 5: Standing Over Your Hip Joint #3</b>                            | 45:13        |
| 2) Discussion – New feelings, different feelings / Configurations of action | 08:50        |
| <b>Total:</b>   | <b>54:03</b> |

**SIX**

- |   |              |
|---|--------------|
| 1) <b>ATM 6: Balancing between Sitting and Lying #2</b>   | 39:01        |
| 2) Discussion – Clarifying antagonistic muscle groups / A proportional distribution of movement | 04:38        |
| <b>Total:</b>   | <b>43:39</b> |

**SEVEN**

- |  |              |
|--|--------------|
| 1) <b>ATM 7: Standing Over Your Hip Joint #4</b> 49:30   |              |
| 2) Discussion – Becoming more skeletal and our muscular activity / You are now using yourself differently... | 03:34        |
| <b>Total:</b>  | <b>53:04</b> |

**EIGHT**

- |   |              |
|---|--------------|
| 1) <b>ATM 8: Lifting and Rolling from the Opposite Hip</b>        | 40:31        |
| 2) Discussion – How do we use the ground? / Thank you and goodbye | 02:37        |
| <b>Total:</b>   | <b>43:08</b> |

<b>Complete recording time:</b>	<b>6h 28:46</b>
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# Growing Young

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MAY 28/29, 2011

*Discovering, laughing, wondering, playing, giggling, novelty, joy, enjoyable challenges, having fun, being silly, doing something 'just because'...*

How often do you find yourself in one of these experiences...as often as you used to...as often as you would like? The pleasure you enjoyed as a child, from just rolling around and playing, is embedded in movement and is easier to re-discover than you might imagine. Utilizing *Feldenkrais®-Awareness through Movement®* lessons you will explore all these facets of your self and find greater access to discovery, novelty, wonder, playfulness, laughter, joy, fun, silliness, enjoyable challenge, giggles, and doing something 'just because'...

**Guaranteed to be fun! Get ready to enjoy!**

## ONE

- |   |              |
|---|--------------|
| 1) Intro / Learning/ Self Image / How to do the lessons | 24:05        |
| 2) <b>ATM 1: Easy Rolling</b>                           | 51:37        |
| <b>Total:</b>   | <b>75:42</b> |

## TWO

- |   |              |
|---|--------------|
| 1) Discussion: Feeling heavier / How we connect to ourselves...listen to ourselves / Childish...childlike | 05:36        |
| 2) Talk: What makes us old? / Birthdays / Attitude – abilities – routine                                  | 09:53        |
| 3) <b>ATM 2: Habits!</b>  | 29:32        |
| 4) Discussion: Our muscular habits / Knowing about our habits   | 02:59        |
| 5) Talk: What changes as we get older?  | 01:36        |
| <b>Total:</b>   | <b>49:36</b> |

## THREE

- |  |              |
|--|--------------|
| 1) <b>ATM 3: Going from sitting to sitting</b> | 44:11        |
| 2) Discussion: Pain / Unstable or mobile?      | 05:51        |
| 3) <b>ATM 4: Long leg rolling and...!!! #1</b> | 28:57        |
| <b>Total:</b>                                  | <b>78:59</b> |

## FOUR

- |   |              |
|---|--------------|
| 1) Discussion – Challenge / Using ourselves differently / Movements AND ideas / Courage / Small windows / Small successes / What would be different if... / When I first felt old / Comfort | 17:48        |
| 2) <b>ATM 5: Long leg rolling and...!!! #2</b>  | 40:11        |
| 3) Discussion – Cloud 7 / Getting comfortable acting in ways we don't usually act / If we change...they have to change  | 04:16        |
| <b>Total:</b>   | <b>62:15</b> |

## FIVE

- |  |              |
|--|--------------|
| 1) <b>ATM 6: Folding and unfolding...a different kind of fun</b>   | 38:33        |
| 2) Discussion: Being vulnerable / Moving in the six cardinal directions / How our muscles work in opposition | 09:38        |
| <b>Total:</b>  | <b>48:11</b> |

## SIX

- |   |              |
|---|--------------|
| 1) <b>ATM 7: Fun and challenge with your hands and feet</b> | 42:51        |
| <b>Total:</b>   | <b>42:51</b> |


## SEVEN

- |  |              |
|--|--------------|
| 1) Discussion: Inner authority / Exercising our brains / Responses in unexpected places / How does a mother do that? | 04:51        |
| 2) <b>ATM 8: Really rolling</b>  | 31:59        |
| 3) Discussion: Florence and Rosetta / Feeling successful and continuing to learn                                     | 02:31        |
| <b>Total:</b>  | <b>48:11</b> |

**Complete recording time: 6h 36:55**

# Getting Connected

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, OCTOBER 20/21, 2012

The whole world is getting more connected...the internet...Facebook...everywhere we turn there seems to be another chance to connect to some one, for some reason, for some thing.  
But what about getting more connected to your self? How can you become more successful at this? The connections within you are infinitely more exciting and engaging then you might ever have imagined. And when you become more connected with yourself... it's pretty likely that you will connect better with others!  
In this weekend of Feldenkrais® - Awareness Through Movement® Lessons you will explore new ways you can become more connected to yourself...with yourself...through yourself. From the internal feeling of being connected...to the connection of movement through your skeleton.  
Imagine a weekend where you continually get to click your own  button!  
Come and get more connected!!!

## ONE

1. Introduction	10:06
2. Getting connected...	08:20
<b>3. ATM 1 – Coming Up Through Your Skeleton</b>	<b>47:48</b>
4. Discussion / Differences between our sides / Improving ourselves in approximations	06:43
<b>Total:</b>	<b>72:57</b>

## TWO

1. Cramps & Different Demands/How do we know we are connected to ourselves	03:41
<b>2. ATM 2 - Your Pelvis &amp; Your Breathing</b>	<b>47:41</b>
3. Discussion/Using our breath to be connected/Staying connected in our social self	03:28
4. Discussion/ How to stay with ourselves and talk	15:01
<b>Total:</b>	<b>69:51</b>

## THREE

<b>1. ATM 3 – Your Center...Your Tanden</b>	<b>35:34</b>
2. Discussion/Practicing being in a process/Enlightenment	05:08
<b>3. ATM 4 – Lifting Your Pelvis With More of Yourself</b>	<b>28:47</b>
<b>Total:</b>	<b>69:29</b>

## FOUR

1. Discussion/Symmetry & asymmetry/Moving meditation/Multi-tasking/Vitality/ Differentiating our feelings and actions/Working too hard/Tension/Wondering	22:34
<b>2. ATM 5 – Tanden With Ropes</b>	<b>43:40</b>
<b>Total:</b>	<b>66:14</b>

## FIVE

1. Discussion / Getting rid of something/The feeling of...today / One ongoing exploration	08:21
<b>2. ATM 6 – Circling Your Arm and More...</b>	<b>41:01</b>
3. Discussion/Novel movements/Confusion in lessons...learning	04:58
<b>Total:</b>	<b>54:20</b>

## SIX

1. How else do we connect?/Working with a partner - Connecting with your hands	08:51
<b>2. ATM 7 – Inhabiting Your Hands</b>	<b>34:28</b>
3. Discussion/My hands changed.../How we touch changes how someone moves/ Where did we learn to touch?	04:19
<b>Total:</b>	<b>47:38</b>

## SEVEN

<b>1. ATM 8 – Connecting to Yourself</b>	<b>34:43</b>
2. I hope.../Thank you & Goodbyes	02:25
<b>Total:</b>	<b>37:08</b>

**Complete recording time:** **6h 58:37**

# A basic understanding of how you do everything you do! ....almost

WEEKEND WORKSHOP IN *FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, APRIL 26/27, 2014

Movement is at the foundation of everything you do. Like a single cell moving towards nourishment or away from danger, you can't survive without moving. Yet your actions are complex and varied. Through *Awareness Through Movement®* you will discover the basic building blocks that create everything you do. You will gain an understanding of how you can make your actions easier, more efficient and more pleasurable. You will come to know almost everything you need to know...almost.

## ONE

1. Introduction / A basic understanding of...	16:19
<b>2. ATM 1 - Bending to your side</b>	<b>51:13</b>
<b>Total:</b>	<b>67:32</b>

## TWO

1. Discussion / How one pattern of movement can influence us!	05:03
2. What we are doing can make anything you do better!	02:00
<b>3. ATM 2 – Folding...more and more easily</b>	<b>47:26</b>
4. Discussion / Taking the function out of the lesson...connecting it to our lives	03:55
5. Changing our habits...a realistic perspective / Distribution of movement	04:24
<b>Total:</b>	<b>62:48</b>

## THREE

<b>1. ATM 3 – Twisting further through yourself</b>	<b>40:56</b>
2. Getting tired / Emotions...in lots of places	05:39
<b>Total:</b>	<b>46:35</b>

## FOUR

<b>1. ATM 4 – Arching with more of yourself</b>	<b>39:19</b>
2. More on being tired...sleep / Finding things faster / Being 3D / And more...	23:55
<b>Total:</b>	<b>63:14</b>

## FIVE

<b>1. ATM 5 – Arching and twisting... Getting upright!</b>	<b>42:06</b>
2. Discussion / Feeling good / Too fast or at your own rate	03:08
<b>3. ATM 6 – Side-bending and twisting</b>	<b>27:53</b>
<b>Total:</b>	<b>73:07</b>

## SIX

1. Different responses / Symmetrical... asymmetrical / Left-right brain / Left-right handedness	06:53
2. Nothing stands out & blind Spots / Enlightenment / What's a feeling? / Breathing...habits	11:10
<b>3. ATM 7 – Sitting while turning, folding &amp; side-bending</b>	<b>33:54</b>
4. Feldenkrais can improve your yoga... everything!	02:02
5. What's posture?	04:44
<b>Total:</b>	<b>58:43</b>

## SEVEN

<b>1. ATM 8 – Popcorn! Using everything!</b>	<b>36:37</b>
2. Using these ideas...to like how you move even more! / Thank you and goodbyes	02:03
<b>Total:</b>	<b>38:40</b>

**Complete recording time:** **6h 50:39**

# The secret to moving better and better and better...

WEEKEND WORKSHOP IN FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MARCH 14/15, 2015

When you move well you feel better!

But how do you do it...how do you learn it...how do you maintain it? What if you did things more easily, more pleasurably, more effortlessly...without your usual aches and pains!

There are so many ways that we are told how to move correctly. But too often these ideas are just imposed on us and we rarely find comfortable ways of utilizing them.

What if you learned one simple idea that could help move better and better and better... in all of the things you do!

That is exactly what we will explore and develop in this workshop!

Utilizing Feldenkrais® - Awareness Through Movement® Lessons you will learn how you can make everything you do...reaching, bending, sitting to standing and more...easier, more efficient and more comfortable.

## ONE

- |   |              |
|---|--------------|
| 1. Introduction / The secret to moving better & better & better | 14:12        |
| <b>2. ATM 1 – A new pelvic clock</b>                            | <b>49:06</b> |
| <b>Total:</b>   | <b>63:18</b> |

## TWO

- |  |              |
|--|--------------|
| 1. Discussion / Awareness  | 02:48        |
| 2. Intro to ATM-The movement of the pelvis...where the movement actually takes place | 02:35        |
| <b>3. ATM 2 – Finding your hip joints</b>  | <b>37:39</b> |
| 4. Discussion / Different experiences / Our relationship with the floor              | 02:58        |
| 5. Utilizing your skeleton...your pelvis...your hips ...your head...and...           | 11:26        |
| <b>Total:</b>  | <b>57:26</b> |

## THREE

- |  |              |
|--|--------------|
| <b>1. ATM 3 – Chairs #1 - Using your pelvis and more</b> | <b>39:58</b> |
| 2. Discussion  | 01:54        |
| <b>3. ATM 4 – Lifting your pelvis</b>                    | <b>37:39</b> |
| <b>Total:</b>  | <b>79:31</b> |

## FOUR

- |   |              |
|---|--------------|
| 1. Checking in / Qualities of a well organized movement / Understanding pain /<br>What part of you needs to be in room... / Proximal & distal | 20:15        |
| 2. Intro to ATM / How we think...hmmm / What makes us tired?  | 03:52        |
| <b>3. ATM 5 – Connecting your hands &amp; your pelvis</b>   | <b>48:05</b> |
| 4. Discussion / Sleepy hands / Novelty / Sensing with our hands   | 05:34        |
| <b>Total:</b>   | <b>77:46</b> |

## FIVE

- |  |              |
|--|--------------|
| 1. The initiation of the action / Sensitivity and stimulus | 03:28        |
| <b>2. ATM 6 – From the ground to your hands</b>            | <b>38:51</b> |
| 3. Discussion  | 00:51        |
| 4. Posture / Is my pelvis free                             | 09:02        |
| <b>5. ATM 7 - Chairs #2 - Using your pelvis and more</b>   | <b>25:30</b> |
| <b>Total:</b>  | <b>77:42</b> |

## SIX

- |  |              |
|--|--------------|
| 1. Discussion / Moving as a whole / What walks when we walk? | 02:42        |
| <b>2. ATM 8 – Reaching from your pelvis</b>                  | <b>33:57</b> |
| 3. Keep the ideas alive / Thanks you and goodbye             | 02:07        |
| <b>Total:</b>  | <b>38:46</b> |

**Complete recording time:** **6h 34:29**

# What if? You knew how to adapt!

WEEKEND WORKSHOP IN FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MAY 7/8, 2016

*What if* you had a zillion dollars...*what if* you met the partner of your dreams...*what if* you could do whatever you wanted to do?

*What if* were always words that were rich in my own fantasy life...until broke my leg skiing. I quickly discovered a deeper meaning to Moshe Feldenkrais' famous words: "*Movement is life and without movement life is unthinkable.*"

*What if* you couldn't do what you wanted...*what if* you were constrained in some unexpected way...*what if* your movement choices were diminished?

And...**WHAT IF YOU KNEW HOW TO ADAPT!?!**

In this workshop, utilizing *Feldenkrais® Awareness Through Movement Lessons®*, you will discover how you can adapt, adjust and transform the difficult into the easy. You will come to understand how a limitation can be the means to new action. You will realize that the cup that seems half empty is actually half full of new possibilities.

**WHAT IF YOU CAME TO THIS WORKSHOP... AND DISCOVERED ALL OF THAT... AND MORE!?!**

*"Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself."*

Moshe Feldenkrais

## ONE

1. Introduction / What if... you knew how to adapt	11:37
<b>2. ATM 1 - Finding the Front of your heel</b>	<b>49:48</b>
3. Differences / A bad adaptation / What can help us heal / Changing the standing leg	04:30
4. ATM Intro	04:54
<b>Total:</b>	<b>70:49</b>

## TWO

<b>1. ATM2 - Connecting your head and your pelvis #1</b>	<b>32:33</b>
2. Feeling safer / Where does your neck begin and end?	02:47
3. A question about the last lesson / It's the ability...not the age / Small movements / ATM Intro	05:27
<b>4. ATM 3 - Puzzle #1</b>	<b>33:44</b>
<b>Total:</b>	<b>74:31</b>

## THREE

1. Feeling different things / Confusion... / Measures of success	02:27
<b>2. ATM 4 - Connecting your head and your pelvis #2</b>	<b>39:38</b>
3. Which way should it be? / ATM evolves / Our compass... / Learning how to learn / Winning the lottery / Stress / What else...	19:31
<b>Total:</b>	<b>61:36</b>

## FOUR

<b>1. ATM5 - Using the ground to move yourself</b>	<b>54:54</b>
2. Connection with the ground / Feeling ourselves...to feel less	03:40
<b>Total:</b>	<b>58:34</b>

## FIVE

<b>1. ATM 6 - Connecting your head and pelvis #3</b>	<b>47:30</b>
2. Watching young children move / Blind spots / Thinking vs. just doing it	04:05
3. A question about stretching, core, plateaus & novelty	07:49
<b>Total:</b>	<b>59:24</b>

## SIX

<b>1. ATM 7 - Puzzle #2</b>	<b>27:55</b>
2. Doing what we didn't know we can do / Our resources...our skeleton & the ground	02:35
<b>3. ATM 8 - Up from the ground through your skeleton</b>	<b>30:08</b>
4. Nice differences! & Goodbyes	01:32
<b>Total:</b>	<b>62:10</b>

**Complete recording time: 6h 27:03**

# What is walking?

WEEKEND WORKSHOP IN *FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MARCH 18/19, 2017

We all walk...a lot! The only other things we do more than walking are breathe, move our eyes and use our hands. But walking is much more than just putting one foot in front of the other (anyone who has been challenged in their walking will tell you that). And with all that walking we do, do we really understand it...?

In this workshop you will understand more of what you do when you walk and how you do it and find ways of walking that are easier, more efficient and more graceful.

Putting one foot in front of the other will take on new meaning with insights into how much the rest of you can be walking with you.

## ONE

1. Introduction / Being fortunate / Liking ourselves more / Different perspectives / What is walking? / What is happening when you walk? / What interferes with walking? 19:39
  2. **ATM 1 – Dual pelvic clocks** 41:37
  3. Discussion / Taking care of ourselves / Finding out... 06:29
- Total: 67:45**

## TWO

1. **ATM 2 – Painting the floor with the soles of the feet** 39:24
  2. Discussion / Improving walking...improving details / Running shoes / Improving your brush stroke 06:17
  3. Intro to next ATM / What is walking / The Spinal Engine 01:48
- Total: 47:29**

## THREE

1. **ATM 3 - Walking in sitting** 42:15
  2. Discussion /Front of the heel 01:35
  3. **ATM 4 –Swinging to Connect further through you** 30:41
- Total: 74:31**

## FOUR

1. Discussion / What am I doing differently? / Stars in a constellation / Noise or discomfort? / Different ways of thinking about walking / Distribution of movement / Patterns of movement / Changing the threshold 14:07
  2. **ATM 5 – Sacral clock** 50:38
  3. Discussion / Learning something new / How we sense ourselves 03:18
  4. Intro to ATM / Moshe and Judo 02:54
- Total: 70:57**

## FIVE

1. **ATM 6 – The relationship between our head and our pelvis** 37:35
  2. Discussion / Improvement in spite of challenge 03:51
  3. Intro to Stepping up and down 00:51
- Total: 42:17**

## SIX

1. **ATM 7 – Stepping up and down** 41:13
  2. Discussion / Old habits, new habits 02:19
  3. **ATM 8 – Walking with your back** 34:17
  4. What walking is...what it could be 00:57
- Total: 78:46**

**Complete recording time: 6h 21:45**



# Breathe...

WEEKEND WORKSHOP IN *FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, FEBRUARY 24/25, 2018

Breathing is a measure of your well-being. It's an indication of how you feel and is intrinsically connected to all of your actions, thoughts and feelings.

Breathing is the single thing you have repeated more than anything else in your life. Which makes it your most practiced habit...because 'how' you breathe is just that, it's a habit!

And this means it is something you can alter, change and become better at. Breathing is also something that has numerous 'rights and wrongs' attached to it. Rather than finding the single 'correct' way to breathe, through *Feldenkrais® - Awareness Through Movement®*, you will explore various aspects of breathing, what it is comprised of and how you actually do it.

Concrete things you can do and pay attention to breathe better beyond just inhaling and exhaling!

You will discover more choices in how you might breathe depending on your mood and the situations you find yourself in.

## ONE

1. Introduction - Humor / Liking yourself more...kindness / The Feldenkrais Method / Breathing... / How to do it... 17:40
2. **ATM 1 - New paradoxical breathing** 57:33
- Total:** 75:13

## TWO

1. More choice / Try different things...but not to keep yourself as you are / Your tongue / Walking & talking 10:22
2. **ATM 2 - Pressing and lifting your ribs with breathing** 54:06
3. Drifting off / Just asking is enough / Pain and distribution / Experimenting 08:16
- Total:** 72:44

## THREE

1. **ATM 3 - Your pelvis and breathing** 38:20
2. A device to orient us / Disrupting our usual relationships 02:58
3. Intro into the next ATM – the inhale, exhale & the pauses 00:49
4. **ATM 4 – Breathing rhythmically #1** 36:08
- Total:** 78:15

## FOUR

1. **Pauses / You're the expert / When not to pause / My Swimming / Find your own way / What makes something right? / Breathing, feelings & humor** 22:31
2. **ATM 5 - Filling the lobes of the lungs** 41:34
3. Yawning / The air in our lungs / Increasing the exhale? / My yawning game / Sucking air in / Mother Teresa's 08:36
- Total:** 72:41

## FIVE

1. Intro to the next ATM - What we are doing...what interferes 02:03
2. **ATM 6 – The sphinx** 46:44
3. Importance of language / Choice / Saying things in more than one way / Feeling taller / A sense of space 10:00
- Total:** 58:47

## SIX

1. **ATM 7 - Breathing rhythmically #2-Pressing & lifting** 46:16
2. What makes things different? /What's possible in ATM / Attending to more than one thing / Patience training 05:05
- Total:** 51:21

## SEVEN

1. **ATM 8 – Threads and gentle fingers** 53:00
2. One sided lessons / The 'right' way of breathing, more tools and kindness!!! 03:19
- Total:** 56:19

**Complete recording time:** 7h 45:20

# Sitting Better!... How to use a chair... and more...

WEEKEND WORKSHOP IN *FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®*  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MARCH 16/17, 2019

We sit...a lot! An article in Livescience cites studies that say sitting is killing us!  
But we are all living longer...which means we are sitting even more...so what can we do?  
Maybe we all sit too much, so as long as we are doing that...why not sit better! We live in a world of chairs but how well do we get in and out of them, sit or stay comfortable on them...and in any kind of chair? And what about the floor? When was the last time you were comfortable there? Sitting is more than just sitting! Sitting is not just a resting place, it's also a transition point. From standing to sitting, from sitting to lying and all the way back up again.  
Come and understand how sitting is much more than your bottom resting on a surface.  
In this workshop you will discover what helps you use any chair...sit anywhere...in a dynamic way...using more of yourself.  
Get more comfortable sitting in chairs...sitting on the floor. Get better at coming in and out of a chair, any chair, and get better at coming up and down from the floor. And all the things you do while sitting can get easier...reading, writing, eating and just hanging out! Come to this workshop because sit is going to happen...so why not do it well!

## ONE

1. Intro / Humor / My job / The Method / Kindness / What is sitting? / How to do it all	18:40
2. <b>ATM 1- Sitting...in all directions</b>	58:24
<b>Total:</b>	<b>77:04</b>

## TWO

1. Discussion / The ground!	05:41
2. <b>ATM 2 – Coming to sit with your skeleton and the floor</b>	41:35
3. Discussion / Habits / Initiation / Inverted Judo-transmission of force / Distribution of effort / What would improve your sitting?	11:35
<b>Total:</b>	<b>58:51</b>

## THREE

1. <b>ATM 3 – Spiraling up and down</b>	30:04
2. Discussion / Connection and range / Healthy origin of movement / Benjamin Zandler	03:44
3. <b>ATM 4 – Sitting to...!!!</b>	36:09
<b>Total:</b>	<b>69:57</b>

## FOUR

1. Discussion / Being tired / What to expect / 2 kinds of truth / Making the abstract concrete / Motor learning & systems theory / It depends! / What forms us / I feel short! / What is the best chair? / My aunt & uncle's chairs	26:57
2. <b>ATM 5 – Half a chair sitting / Dropping one buttock</b>	35:55
3. Discussion / Clarifying connections / Symmetry / Laughter...humor	13:43
<b>Total:</b>	<b>76:35</b>

## FIVE

1. <b>ATM 6 – Another way of getting to sitting... to another way of sitting... to standing</b>	32:08
2. Discussion / Cramps / Lessons as preparation / Being healthy	04:31
3. <b>ATM 7 – Dual pelvic clocks</b>	35:23
<b>Total:</b>	<b>72:02</b>

## SIX

1. Discussion / Awareness...the bad news...the really bad news...the good news!!!	03:30
2. <b>ATM 8 – Sit to stand with different placement of your feet</b>	28:25
3. Discussion / Good posture / Reversibility / Comfort for action...airplane seats	05:02
4. One more thing! And goodbyes!	02:37
<b>Total:</b>	<b>39:34</b>

**Complete recording time:** **6h 34:04**

# Perception...it's not what you think

WEEKEND WORKSHOP IN FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, FEBRUARY 20/23, 2020



Perception is the ability to become aware of something through our senses; how we make sense of the world. It is through our perceptions that we develop perspectives of what we think, what we feel, how we act and define who we are. And all of this exists and occurs within your body and how you move. Sensing differences in yourself through movement is the vehicle to change how you feel, think and act...a kind of hidden treasure!

The ability to shift your perceptions...your perspectives, is the road of awareness. This shift can lead to new understandings, new insights and different ways of approaching your work, your relationships and your play. This road of awareness can guide you to fresh ways of thinking, greater creativity and the ability to see yourself and others in a new light.

Utilizing Feldenkrais® - Awareness Through Movement® lessons you will create new ways of perceiving yourself and the world around you...broaden your understanding of how you view things...and discover there are many more ways to see the world than you might have imagined... through movement you can change what you think, what you feel and how you perceive!

Your perceptions aren't necessarily what you think...they are just what you believe at this moment.

## ONE

- |   |              |
|---|--------------|
| 1. Intro / Humor / Liking ourselves more / Perception & perspective / How long? / Systemic thinking / Possibilities | 17:06        |
| 2. How to do ATM  | 02:25        |
| 3. <b>ATM 1 – X-position / Lengthening and shortening</b>   | 53:22        |
| <b>Total:</b>   | <b>72:53</b> |

## TWO

- |  |              |
|--|--------------|
| 1. Discussion / Different perception of the same thing / Different experience, just another lesson / Wrong?! / How uncomfortable... / Nausea / Imagining...to doing / One way of dealing with pain / Intro to next ATM | 09:59        |
| 2. <b>ATM 2 – DaVinci Scan – Measuring parts</b>   | 31:20        |
| 3. Discussion / Orientation & perception / Proportions / Symmetry-asymmetry / Not every lesson is for everybody / Imagining / Feeling differences  | 06:54        |
| 4. Discussion / Strengths and weaknesses / Going towards and away / Correcting or doing something well / Symmetry & functional symmetry / Where we put our attention   | 05:16        |
| <b>Total:</b>  | <b>53:29</b> |

## THREE

- |   |              |
|---|--------------|
| 1. <b>ATM 3 – Attention on the return</b>   | 45:06        |
| 2. Discussion / One sided lessons / Using the ground / Initiating from different places / The pause / Are we really asleep? | 08:10        |
| <b>Total:</b>   | <b>53:16</b> |

## FOUR

- |   |              |
|---|--------------|
| 1. <b>ATM 4 – Folding and unfolding</b>   | 39:40        |
| 2. Discussion / Examples of how a system works / Science / Front and back / What is truth? / Peters Projection Map / The Geography of Thought / The Powers of 10 / The best and the worst that can happen | 25:06        |
| <b>Total:</b>   | <b>64:46</b> |

## FIVE

- |  |       |
|--|-------|
| 1. <b>ATM 5 – Converging/diverging your eyes</b> | 54:13 |
|--|-------|

2. Discussion / How a lesson might affect us / Stability & mobility / Glasses & walls / Moving towards or something moving towards / Movies / Muscles & eyes / How our eyes can affect us / Details & big picture / Eyes & the ocean / Lasik surgery	11:33
<b>Total:</b>	<b>65:46</b>

#### **SIX**

1. Intro to ATM 6	01:48
2. <b>ATM 6 – Prayer lesson</b>	35:57
3. Discussion / How a context affects us...gentle commands / Taking care of Ourselves / Differentiating our feelings from our actions / Is it a religion?	09:12
<b>Total:</b>	<b>47:57</b>

#### **SEVEN**

1. <b>ATM 7 - Hands &amp; knees with attention to the other side</b>	36:50
2. Discussion / Nice feelings / Bacon / Rests	04:38
<b>Total:</b>	<b>41:28</b>

#### **EIGHT**

1. <b>ATM 8 - Turning around a central axis</b>	51:21
2. Discussion: That made it easier / Experience vs. talking / Thank you and goodbyes...kindness...and barking!	03:25
<b>Total:</b>	<b>54:45</b>

<b>Complete recording time:</b>	<b>7h 34:20</b>
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## Classic Feldenkrais Lessons

COLLECTION OF FELDENKRAIS® - AWARENESS THROUGH MOVEMENT® LESSONS  
PRESENTED BY ALAN QUESTEL, 2021

Of the hundreds of Feldenkrais lessons that exist, some are considered classic.

This collection of lessons represents many of these classic lessons and will provide you with an understanding and experience of the range and applications of the Feldenkrais Method.

While each lesson is the context for your learning, probably more significant is 'how' you do the lesson.

- By approaching the movements with a sense of discovery, of finding out, rather than accomplishment.
- By doing the movements in a way that you move in a way that you like the way it feels.
- By never being too far from a smile.

Moving with these qualities will bring you to a fuller, richer and more complete appreciation of the Feldenkrais Method and even more important... a deeper, more expansive and more harmonious appreciation of your self.

1. Intro-many things about the Feldenkrais Method	17:83
2. Intro to Easy Rolling developmental & initiation	02:00
3. Easy Rolling developmental & initiation	51:38
4. Intro to the Pelvic Clock, Improving the Proximal!	04:14
5. Pelvic Clock, Improving the Proximal	33:24
6. Intro to Paradoxical Breathing Influencing our breathing	02:34
7. Paradoxical Breathing	25:51
8. Intro to Looking and Lifting... Novelty & surprise	02:09
9. Looking And Lifting ... For A Surprise	31:40
10. Intro to The Feldenkrais Crawl Real novelty!	02:08
11. The Feldenkrais Crawl	39:04
12. Intro to Sitting while turning... Dead Bird	01:57
13. Sitting while turning, folding & side-bending	33:54
14. Intro to Filling the lobes... Use of our imagination	01:47
15. Filling the lobes of the lungs	41:27
16. Intro to X-position... Perception	04:30
17. X-position / Lengthening and shortening	53:22
18. Intro to Pleasurable arms... Pleasure and your whole self	01:01
19. Pleasurable Arms/Pleasurable Self	32:56
20. Intro to Rolling like a top FUN!	01:23
21. Rolling Like A Top	24:03

**Complete recording time:**

**7h 49:45**

# Power and Strength and Effort

WEEKEND WORKSHOP IN FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MARCH 5/6, 2022

*Power and Strength = effort...NO!  
Sorry, but it's actually not the case*

One of the biggest confusions I witness in people is between power, strength and effort. When you feel effort, you think you are being strong and powerful. Most often, it is the opposite. While effort has its place, it's usually an indication of overworking or working inefficiently.

So how do you learn to distinguish between them?

The Feldenkrais Method® is all about making distinctions. About being more efficient and sensing yourself more accurately. It's about the transmission of force through your skeleton, which translates into less effort and more power.

In this workshop you will learn how to feel stronger and more powerful without working harder. You will discover that many of the things you do can be a lot easier than you thought.

*Power and strength...most of us would like more of it.  
Effort...most of us would like less.  
Come and find out how!*

1. Introduction / Power, strength & effort / How to do the lessons	26:34
<b>2. ATM1-Forces moving &amp; connecting through you</b>	<b>60:19</b>
3. Discussion-Range of responses / Our 2 sides/Symmetry	07:02
<b>4. ATM 2-Connecting your hands &amp; your pelvis</b>	<b>42:06</b>
5. Discussion-Proportional distribution muscularly / The paradox of practicing sensation	05:41
<b>6. ATM 3-Dropping one buttock &amp; using the ground to move your pelvis</b>	<b>35:03</b>
7. Discussion / Sitting on your sit bones / Car seats	02:48
<b>8. ATM 4-Dropping your legs &amp; lifting your pelvis #1</b>	<b>39:44</b>
9. Discussion-Learning & learning how to learn / Proximal-Distal/Independent... differentiated?	18:54
<b>10. ATM 5-Dropping your legs &amp; lifting your pelvis #2</b>	<b>42:06</b>
11. Discussion-The order of lessons / Carrying lessons home / Our whole self/Blind spots / Novelty / Moving your pelvis / Shifting the initiation / The belly & the eyes / Lift your head! / Fear	11:54
<b>12. ATM 6-Impossible lifting... power from the ground</b>	<b>39:03</b>
13. Discussion-Places where we hold / The bad news about awareness / A correction can be perceived as an error in the opposite direction	05:04
<b>14. ATM 7-Powerful arms from your torso</b>	<b>52:36</b>
15. Discussion-Surviving-adapting-movement	01:49
<b>16. ATM 8-Popcorn</b>	<b>49:26</b>
17. Discussion-Reversibility/Thank yous! / Liking yourself more	05:54
<b>18. BONUS ATM-Hey You!</b>	<b>56:23</b>

Complete recording time:

8h 22:19

# Move like a peaceful Ninja

WEEKEND WORKSHOP IN FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MARCH 4/5, 2023

What if you could move like a Ninja, a peaceful one?

A Ninja moves elegantly, quietly, with clear intention and awareness of themselves in their environment.

Imagine bringing more fluidity and elegance into your everyday movements!

Through Feldenkrais® - Awareness Through Movement® you will explore, get to know, and improve these qualities and abilities through a seriously playful atmosphere.

Come and find your inner peaceful Ninja and discover how to like yourself more!

1. Intro/Liking yourself more/Moshe & the method/A peaceful ninja/Moshe & Judo/Qualities of a ninja/The how...	24:21
<b>2. ATM 1 – The eye in the center</b>	<b>50:34</b>
3. Discussion/Quiet/Awareness/Choice...initiation/Movement as the doorway	07:05
<b>4. ATM 2 – Finding balance</b>	<b>55:23</b>
5. Discussion/Improving balance/Trust/Explore/...find out/Not one way	07:48
6. Introduction to the next ATM	04:49
<b>7. ATM 3 – Tanden 1</b>	<b>34:11</b>
8. Discussion/The adult dilemma/Teaching kids/Material...spiritual...enlightenment/Breathing easily	08:34
<b>9. ATM 4 – Connecting your arms</b>	<b>28:24</b>
10. Discussion/ Differentiating sensation & emotions/Being tired/My mantra/Doing less to.../Blind spots/ Value of lessons/Self-image/Initiation	24:43
<b>11. ATM 5 – Tanden 2</b>	<b>39:02</b>
12. Discussion/Our compass/Perspectives/Kindness/Transposing a lesson	10:54
<b>13. ATM 6 – Falling, rolling &amp; rising</b>	<b>40:22</b>
14. Discussion/Practice/Expectations...pushing ourselves/What do you think?	12:07
15. Introduction to the next ATM	04:22
<b>16. ATM 7 – Exploring the initiation</b>	<b>45:41</b>
17. Discussion/Confusion	07:21
<b>18. ATM 8 – A ninja changing directions &amp; Goodbyes</b>	<b>35:57</b>

**Complete recording time:**

**7h 21:38**

# CONNECTIONS!

## Between your spine and your limbs and the rest of you

WEEKEND WORKSHOP IN FELDENKRAIS® - AWARENESS THROUGH MOVEMENT®  
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, MARCH 2/3, 2024

Connection! Something we all desire and seek. The feeling of connection is satisfying, fulfilling and enjoyable. So how do we connect? And with what?

One of the most important principles in the Feldenkrais Method is connection... skeletally... through movement... within ourselves.

This becomes even more meaningful for us when we feel the connection between our limbs, to and from our spine. Important and worthwhile to understand and feel for all of our daily actions. It's the means to relieve pain, improve function and like yourself more.

And that is exactly what we will explore...connection... between your spine and your limbs...and you! In different ways and from different perspectives... all leading to feeling more and more connected!!!

1. Introduction...Know thyself / Like yourself more...Connection	19:02
2. ATM 1 - Finding the front of your spine	42:41
3. I don't feel things...	09:34
4. ATM 2 - Feeling yourself through the ground	35:04
5. Differences...even when you sleep / Bagger Vance / Freer...faster...slower...tired	07:09
6. ATM 3 - On your back, twisting your spine with your head fixed	38:06
7. Finding more and more of this in my everyday life	03:49
8. ATM 4 - Getting your spine flexible on your side	49:32
9. What is the lesson about? / Sleeping better / Ideal movement / Comfortable / Embodied / Knowing ourselves / Learning HOW to learn	20:43
10. ATM 5 - Twisting your spine on your belly	38:42
11. Habitual-non-habitual / Pain / How long to change / Adapting a lesson	07:59
12. ATM 6 - Making the spine flexible and integrating it	34:21
13. What are we doing?	04:48
14. ATM 7 - A lengthened spine in sitting	52:28
15. Can't just take it away...need to replace it with something / How can I do what I want to do? / Finding our hip joints	06:28
16. ATM 8- Arm circles from your spine	45:14
17. The Feldenkrais Method...knowing yourself...liking yourself more & intentional acts of kindness... / Thank you...goodbye	01:50

Complete recording time: 6h 30:30