Course Description:

This workshop will examine the theory and practice of Body Awareness Techniques Kinetic Awareness (and its predecessor's), the Alexander Technique, and the Feldenkrais Method. You will learn how each innovator developed their particular method and will practice the mind/body exercises from each technique. Body Awareness refers to the sensing of one's body through focused attention in order to function more fully in life and the creative process. These methods require a commitment and ability to notice sensations, feelings, differences, and changes within the body. Profound changes mentally and physically may be achieved, including enhanced consciousness.

"As you learn to concentrate and listen to all your voices, not only your physical one, but the creative consciousness and the psyche as well, you gain the power to use all your innate abilities."

-Elaine Summers-

These methods honor your own innate bodily wisdom and teach you how to enhance it. In doing so you will gain a better understanding of the relationship of tension to posture and how it affects body use. You will learn to use your body more safely and efficiently in creative endeavors and daily tasks.
Course Objectives:

· To learn the history, philosophy and theory of the somatic educators, Elsa Gindler, Elaine Summers, F.M. Alexander, and Moshe Feldenkrais.

· To learn and practice the methods of Kinetic Awareness, The Alexander Technique, and Awareness Through Movement.

· To increase your awareness of your body in daily use and if applicable, in performance.

· To document your experience and learning through written work.

· To develop a language to analyze and discuss bodily communication.

Required Texts:

*Discovering The Body's Wisdom*, Mirka Knaster (Bantam) NYU Book Store
Selected Reading Packet, University Copy, 27 Waverly Place

Course Structure:

Each class will be divided between lecture, discussion, and experiential learning. Observations from the week will be discussed. There are weekly required reading assignments that will be discussed that enhance your understanding of the material presented in class.

Course Expectations/Requirements:

You are encouraged to share your experience of class work and outside experience as well as your response to readings. You are expected to practice daily body scans and the exercises learned weekly and write about your experience. You are expected to **attend every session** and **arrive on time**. Material presented in class is unique and cannot be made up. There are no "excused" absences. You are required to wear clothing you can move in, this is important, you can change into comfortable clothes before class in the bathrooms. If you have any limitations or special needs please inform the instructor so she can accommodate you.

This is an experiential class. You will learn and practice methods on your own body. Daily Body Scans are required along with the practice of breathing. Yet, this experience can only be measured in terms of your reflection on this experience. This is achieved through written work. You will have a mid-term and final project as well as journaling and essays. All work must be in **hard copy and type written**.
Suggested Weekly Time Requirement:

- Daily Practice - Body Scans, Breathing, Awareness Exercise (20-40 min)
- Journaling (15-20 min)
- Weekly Reading (1 hr +)
- Work on Assignments (TBA)

Assignments:

Writing About the Body:

To write about your bodily experiences pay attention to the wording in the articles and in Knaster as to how to describe body use and learning.

To Consider Each Week:

Reaction to Class
- What did you notice/learn about your body specifically?
  "my breath was shallow when we started"
  "the sides of my body don't feel even"
- What was your reaction to the exercises?
  "the small of my back was lower to the ground"
  "my breath deepened as we worked"

Body Use
- During the week what have you noticed about how you use your body?
- If you are a performer what have you noticed?

Practice
- Practice one exercise you have learned in class and write about it
  (This is in addition to the Body Scans)

Readings
- What are the authors key points?
- Does it relate to what you are learning in class, noticing in your own body?

When you are assigned a specific journal entry you will make four titled, dated, entries. The entries must include all of the above.

Journaling
- Keep notes on your experience of your daily body scans and weekly exercises. It will help to take notes on your readings as well. The journal will be turned in for a pass/fail grade.
Mid-Term Learning Assessment:

In this mid-term assignment you will demonstrate your understanding of the theory of Body Awareness Techniques as well as your application of them in a 7-9 page paper. This is based upon your readings, practice, and class discussion.

1. Describe the theory and philosophy of mind/body awareness techniques. Use at least 3-4 sources including Powell, Gindler, Knaster, etc. What are the key concepts of this body of work?

2. How are they practiced?

3. What have you noticed in your own body from practicing these methods?

4. How do these methods differ from other physical health/therapy methods such as traditional exercise, yoga, or physical therapy?

5. Pick one or two concepts such as breathing, tension, awareness, and discuss using at least 3 different sources for each. You may bring in personal experiential learning as it relates to your choice of authors ideas.

Final Project:

You will work on your project for 4 weeks. The written work you turn in will be 8-10 pages.

The Process:
1. Chose a body part, body issue, function you would like to work on/improve (write out).
2. What does the literature say about this area, issue, function? Use sources.
3. Analyze in detail the (your) part/function/use in sitting, standing and walking.
4. Apply weekly specific exercises for that part. Describe.
5. Write up weekly descriptions of what you are noticing.
6. Write up final findings
   - What have you learned?
   - How has that part evolved?
   - Has your body image changed?

Grading Policy:

Grades are based upon the following:

- Maintain regular attendance (grade will be lowered a 1/2 point after two absences, arriving late more than 2x's will lower the grade)
- Read required weekly readings
Discuss in class, reaction to class work, readings, observations as well as interest (25%)

Demonstrate understanding of experiential work (5%)

Written Work (70% total)
  Mid-Term (25%)
  Project (40%)
  Other written work (5%)

Complete assignments on time (if two weeks late grade will be lowered)

Incomplete grades must be arranged in advance with the instructor

**Academic Integrity:**

You have been asked to write about author's ideas for this class. As a Gallatin student you are expected to maintain academic integrity. The University takes this matter very seriously. Behaviors that compromise this integrity include plagiarism, and doubling or recycling course work. We will discuss in class how to document and footnote material and ideas to avoid any serious consequences.
Topical Outline

Tuesday September 2 
Course Introduction 
Introductions/Overview of Class/Expectations

Basic Body Awareness Concepts

Experiential:

Body Scans
Hang Out
Flexibility Sequence

Required Reading for next class:
J. Robin Powell, Body Therapies: Body Awareness
Knaster, Introduction and Chapter 1

Assignment:
Practice Body Scans (lying, standing) Daily
Take notes on experience

Tuesday September 9 
Principals of Body Awareness Techniques
Underlying Principals of Methods
Experiential: Body Awareness/Kinetic Awareness
Head/Neck (with ball)
Jaw
Movement Sequence of head and neck
Discussion
Readings

Reading for next class:
Elsa Ginder (D. Johnson)
Charlotte Selver (D. Johnson)
Carola Speads (D. Johnson)
Knaster, pp. 226 - 228

Tuesday September 16 
Gindler Method: Arbeit am Menschen
Pioneers in Body Awareness
Experiential: Movement Re-education
Sensory Awareness (arm exploration)
Speads shoulder exercise
Discussion:
Three Key Points of Gindler Method

Reading for next class:
Jill Green, Use of Balls in KA
Ann-Sargent Wooster, Elaine Summers
Frances Becker, Kinetic Awareness
Knaster, pp. 263-266

Assignment:
Continue Daily Body Scans
Practice one exercise learned each week
Write about experience

Tuesday September 23 **Elaine Summers: Kinetic Awareness**
Principles of Kinetic Awareness
Experiential: Kinetic Awareness
  - Tension Exploration
  - Ball Work

Reading for next class:
  - Crow, The Alexander Technique
  - Bierman, The Alexander Technique
  - Knaster, pp.288-222
  - YouTube.com
    - Marjorie Barstow

Assignment:
Formal Journal Entry (See instructions)

Tuesday September 30 **The Alexander Technique**
Nina D'Abbracci Guest Instructor
Experiential: The Alexander Technique
  - Alexander Directions
  - Sitting
  - Standing/Walking

Reading for next class:
  - Powell, Breathing
  - Speads, Ways to Better Breathing
  - Knaster, Chapter 3

Assignment:
Start working on Mid-Term
Turn in all Journals

Tuesday October 7 **Breathing**
Discuss response to Alexander
Anatomy and Function of Breathing
Experiential:
  - Breathing Work
  - Review Alexander Directions

**Assignment:**
Keep a journal of your breathing during the week
1. What notice
2. Practice daily breathing exercise

Think about ideas for Project

**Reading for next class:**
Review Readings for Mid-Term

**Midterm Due October 21 (See Instructions)**

**Tuesday October 14**
Fall Break

**Tuesday October 21**
**Semester Summary**
Discuss semester progress/evaluate learning
Experiential:
  - Kinetic Awareness (TBA)

**Reading for next class:**
  - Myers, Moshe Feldenkrais
  - Knaster, pp.232-238
  - YouTube.com
    - Moshe Feldenkrais South Bend, Indiana

**Turn in MidTerm**

**Tuesday October 28**
**Introduction to Feldenkrais**
Background on Feldenkrais
Experiential:
  - Feldenkrais Exercises (Pelvic Clock)

**Assignment:**
Identify your Project -Discuss in Class

**Reading for next class:**
  - Fox, The Feldenkrais Phenomenon
  - Holmes, Bruce
  - YouTube.com
    - Feldenkrais Institute of NY
    - David Zemach Bersins
Tuesday November 4  **Feldenkrais Method: Awareness Through Movement**  
Chris Griffin Guest Instructor  
Experiential:  
   The Feldenkrais Method  

**Reading for next class:**  
Knaster Chapter 6  
Fisher, Body Image  
Feldenkrais, The Self Image  

**Assignment:**  
Begin your project  

Tuesday November 11 **Body Image**  
Discussion: Aspects of Body Image  
Experiential:  
   Kinetic Awareness  

**Assignment: Essay 3-5 pages**  
Write about your body image  
   Early influences  
   Changes since class  
What do authors say about body image?  
Knaster, Fisher, Feldenkrais  

**Readings for next class:**  
Knaster Chapter 2  
Re-read Powell  

Tuesday November 18 **Causes of Body Problems Interfering with Use**  
Discussion: Causes of Body Problems - Summers, Alexander, Feldenkrais  
Experiential:  
   Kinetic Awareness  

**Reading for next class:**  
Juhan, Job's Body  

Tuesday November 25 **Use of Touch**  
What means to you?  
Experiential:  
   Individual touch  
   Begin review of methods  

**Readings for next week:**
Tuesday December 2  **Awareness and Healing**  
Where are you in your learning?  
What does awareness mean to you now?  
Experiential:  
  - Review Methods  
  - Present Projects

Tuesday December 9  **Summary/Review**  
Experiential:  
  - Warm Up  
  - Present Projects (con't)  
  - Turn in written work on Project
Study Questions for Discussion

Class discussion is an integral part of your learning experience. Discussions should be lively, stimulating and thought provoking. It is your responsibility to make them so. They are based upon your reactions to the reading and class material and your experiential work in class and out of class. You will be expected to be prepared each week to contribute to class discussions. The readings for this class are not difficult but will take critical thinking about how each of the techniques are different and similar to each other. The following are guidelines to help you better prepare.

In General when reading answer these questions:

- What is your reaction to the article?
- What are the key points to the article?
- What are the similarities of the technique to others you have read about?
- What are the differences?

Powell, Knaster

- How do body awareness techniques differ from traditional exercise?
- List three aspects that body awareness techniques emphasize
- Do you see differences between methods?
- Think about Knaster's term Bodyways
- How does Powell define body awareness techniques?

Gindler, Speads

- What are Gindler's three key concepts in her article?
- What was your reaction to the description of Sensory Awareness?
- What impression do you have of Gindler after reading Speads article?

Green, Knaster Ch 2

- Is there any thing in Knaster that relates to other course readings?
- What do you know about Descartes?
- Identify all of the uses of the balls in Kinetic Awareness
- What are the five phases of Kinetic Awareness
- What realization did Summers have about dancers use of their instrument?

Becker, Knaster Ch 3

- How do you feel about the phrase mind over matter?
- Do you use your mind to control your body?
- What are the implications of your body having a "mind" of its own?
- How is Becker's focus different than Greens?
Myers, Bierman

How did Alexander cure his problem?
What is Primary Control?
What does Alexander think causes the body to be so out of balance?

Myers, Fox, Knaster

Feldenkrais comes from a different background then Alexander and approached his explorations in a different manner. How so?
What are some of the ways Feldenkrais works?
What are some of the similarities to Kinetic Awareness? (Myers)

Juhan

What does Juhan say about Bodywork?
What does Juhan say about skin and touch?
What did you get out of this article?

Knaster Ch 6

How does psychology inform body awareness techniques?
What is character armor and how does it function?
What are the implications of storing trauma in the body?
How does awareness make changes in the physical/emotional?