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)
*Bone, Breath & Gesture Practices of Embodiment*, Don H. Johnson (North Atlantic Books)
NYU Book Store
Selected Reading Packet, University Copy, 27 Waverly Place

Course Structure:

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

Course Expectations/Requirements:

You are expected to share your experience of class work and outside experience as well as your response to readings. You are required 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 need 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, weekly exercises and observation of body use. Yet, this experience can only be measured in terms of your reflection on this experience. This is achieved through written work. You will have weekly written documentation of experience and readings, three written assignments and a final project. All work must be in hard copy and type written.

Suggested Weekly Time Requirement:

Daily Practice - Body Scans, Breathing, Awareness Exercise (20-40 min each day)
Documentation of Experience (20-40 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. Go beyond description to analysis.

Weekly Reflection/Analysis of Practice and Readings  (2 pages)

You will write about your experiential work and your readings, alternating weeks. The reflection/discussion is to be turned in each week.

Readings
1. What are the author’s key concepts and points?
2. How are the readings different or similar?
3. How do the readings relate to what you are learning in class, noticing in your own body?

Experiential
1. Body Scans - Notice
   a. Concentration, changes, difficulties
   b. What experiencing in body
2. Daily Use - Notice
   a. How you use your body in terms of presence, awareness, tension/effort, posture, and breathing.

These weekly assignments are graded P, P+, P-, O (Not going deep enough) F

Breathing Assignment  (4-5 pages)

1. Discuss (using sources), the physiology of breathing.
2. Practice daily breathing exercises - discuss what noticed
3. Document breathing during body scans, daily activity and exercise.

Awareness Assignment  (5-6 pages)

1. Define awareness using sources (Jones, Powell, Gindler, etc).
3. Discuss the use of tension in each technique, articulate differences in practice (use readings).
4. What makes these techniques different from yoga, traditional exercise?

Body Image Assignment  (4-5 pages)

1. How do Fisher, Feldenkrais and Knaster define and discuss body image?
2. Write about your body image
   a. Early influences
b. Changes since class

**Final Project** (8-10 pages)

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

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 readings, key concepts and subtle analysis (graded) (25%)

- Demonstrate understanding of experiential work through in class discussion (5%)

- Written Work (70% total)
  - Assignments (4) (35%)
  - Project (35%)

- 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 will be asked to write about author's ideas for this class. You must give credit for your sources. 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.
Tuesday September 8: 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, Chapter 1 & 3
  Jones, The Organization of Awareness
Assignment:
  Practice Body Scans (lying, standing) Daily
  Practice Hang Out
  Turn in Reading analysis next week (9/15)

Tuesday September 15 Principles of Body Awareness Techniques
Underlying Principals of Methods
Importance of Awareness
Discussion of Readings
Experiential:
  Body Awareness/Kinetic Awareness
  Head/Neck (with ball)
  Jaw
  Movement Sequence of head and neck
Reading for next class:
  Powell, Breathing
  Speads, Ways to Better Breathing (D. Johnson)
  Dowd, On Breathing
  Hanna, What is Somatics? (D. Johnson)
Assignment:
  Experiential Analysis

Tuesday September 22 Breathing
Anatomy and Function of Breathing
Experiential:
  Breathing Work
Assignment:
  See instructions on Breathing Assignment
Reading for next class:
  Elsa Gindler (D. Johnson)
  Charlotte Selver (D. Johnson)
  Carola Speads (D. Johnson)
  Knaster, pp. 226 - 228
Tuesday September 29  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
      How Awareness Works
   **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:**
      Weekly Assignment (Readings)

Tuesday October 6  Elaine Summers: Kinetic Awareness
   Principles of Kinetic Awareness
   Discuss Projects
   **Experiential:**
      Kinetic Awareness
      Tension Exploration
      Ball Work
   **Reading for next class:**
      Crow, The Alexander Technique
      Myers, The Alexander Technique
      Jones, Sensory Edvience
      Knaster, pp.288-222
      YouTube.com
      Marjorie Barstow
   **Assignment:**
      Weekly Assignment (Experiential)

Tuesday October 13  Break

Tuesday October 20  The Alexander Technique
   Nina D'Abbracci Guest Instructor
   **Experiential:**
      The Alexander Technique
      Alexander Directions
      Sitting
      Standing/Walking
   **Reading for next class:**
      Myers, Moshe Feldenkrais
      Fox, The Feldenkrais Phenomenon
Holmes, Bruce, Moshe’s Healing Touch
You Tube.com
Moshe Feldenkrais South Bend, Indiana

Assignment: Awareness/Tension 5-6 pages
See Instructions Turn In 9/3
Identify Topic for Project

Tuesday October 27 Feldenkrais Method: Awareness Through Movement
Chris Griffin Guest Instructor

Experiential:
The Feldenkrais Method

Reading for next class:
Knaster, pp.232-238
YouTube.com
Feldenkrais Institute of NY
David Zemach Bersins

Assignment:
Write up your project topic and turn in next week
Weekly Reflection

Tuesday November 3 Semester Review
Discuss Semester Progress and Evaluate Learning
Feldenkrais Background
Discuss Experience with Feldenkrais
Differences between Feldenkrais, Alexander, Kinetic Awareness

Experiential:
Feldenkrais Exercises (Pelvic Clock, Shoulder Clock)

Reading for next class:
Knaster Chapter 2 & Chapter 6
Fisher, Body Image
Feldenkrais, The Self Image

Assignment:
Begin your project
This week:
Do not use your cell phone when walking
Notice your body and surroundings

Tuesday November 10 Body Image
Discussion: Aspects of Body Image

Experiential:
Kinetic Awareness

Assignment: Body Image Essay 4-5 pages
See Instructions

Readings for next class:
Knaster Chapter 2 (Review)
Re-read Powell
Tuesday November 17  Causes of Body Problems Interfering with Use
Discussion: causes of Body Problems - Summers, Alexander, Feldenkrais
Experiential:  
  Kinetic Awareness  
  Alexander Directions

Reading for next class:
  Juhan, Job's Body (D. Johnson)
Assignment:
  Working on and documenting project

Tuesday November 24  Use of Touch
  Therapeutic aspects of touch  
  What means to you?  
  Experiential:  
    Individual touch/with partners  
    Begin review of methods
Readings for next week:
  Vaughan, Levels of Healing Awareness  
  Needleman, The Great Unknown

Tuesday December 1  Awareness and Healing
Where are you in your learning?  
What does awareness mean to you now?  
Experiential:
  Review Methods

Tuesday December 8  Summary/Review
Experiential:
  Warm Up  
  Review Methods  
  Present Projects  
  Turn in written work on Project

Tuesday December 15  Conclusion
Discussion
Experiential
  Basic Warm up  
  Finish Presenting Projects


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 is 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 anything 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 dancer’s 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
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?