

**The Feldenkrais Method® for Yoga Practitioners and Teachers**

Tutor:	Alan Caig Wilson
Type of Day	Ongoing Training Day
Topic/Title	The Feldenkrais Method® for Yoga Practitioners and Teachers
Date	Sunday 4th September 2022
Start Time & End Time	10:30am-4:30pm
Location	The Reading Room, Arlington Baths, Glasgow
CPD Points	8

About this session:

**The Feldenkrais Method® for Yoga Practitioners and Teachers**

The Feldenkrais Method® lives very close to the human body. It is highly experiential and it is based on three strands of thinking and exploring.

1. logical engineering – moving one part of the frame has a necessary effect on other parts and on the whole frame itself.
2. balance – human movement is functional and aims to achieve effective, satisfying results. To do this we need a sense of good connection with the ground and a sense of safety as we alter our relationship with gravity.
3. origins of movement – we first moved in order to think, we learned in moving before we knew we were learning. Understanding what might have been happening back then is central to developing greater awareness of ourselves as adults, perhaps allowing us to ditch current restrictive habits.

Moshe Feldenkrais's aim was to get us on our feet, facing forward, ready to take the next step in pursuit of our objectives. His method, and contemporary developments work through sequences of dynamic movement that create a sense of ease, flow and, ultimately, satisfaction.

Feldenkrais sessions almost always begin with a supine scan of yourself where you are now. From this baseline, movements are verbally introduced that slowly build to occupy the whole of your physical and mental frame. At the end of the session you are first returned to a supine state, where you sense the changes that have occurred in your sensation of yourself, and then to your feet.

At the end of each section of the workshop, you are gently returned to the full effects of gravity on your creative and mobile self. You begin to notice the effects of Feldenkrais in terms of a different kind of relationship to your moving self and the world of objects, people and events around you. As time goes on, more subtle alterations in your ways of doing things can emerge.

Each Feldenkrais 'lesson' last around an hour.

My workshop for you as Yoga Practitioners will explore the essential connections all the way from the top of the spine to the heels. A sequence of lessons will take you

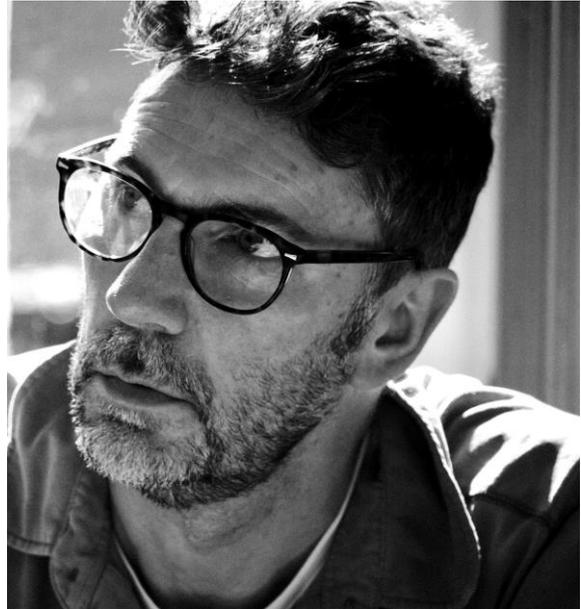
through a re-experiencing of rolling, reaching, twisting, folding and extending – designed to re-place your head on top of the structure uniquely designed to carry it.

Alan Caig Wilson

[www.thebodythinkprocess.com](http://www.thebodythinkprocess.com)

#### About Alan Caig Wilson:

Alan's original background is in theatre and physical theatre, following undergraduate study in Psychology, specialising in animal behaviour and child development. Over the years he has studied and trained in a range of somatic and creative disciplines including mime and physical theatre with Jacques Lecoq in Paris, Laban Movement Analysis with Jean Newlove in London, Yoga with Krishna Srikumar in Edinburgh. He completed his professional training in Feldenkrais® under Dr Mark Reese and his team in Berlin in 2001.



He began his Feldenkrais® teaching career as a tutor in Feldenkrais® at London Contemporary Dance School, and concurrently for 9 years taught a summer school for somatic therapists and dancers at the Polish Institute of Choreology in Poznan. He began his One-to-one practice in Ipswich, where he also taught, sharing space with Katherine of Ipswich Ashtanga.

Since 2018 he has been based in Edinburgh, where he continues his weekly online classes (UK and India), as well as teaching a live class at Dancebase. He has recently re-started his practice in North Essex/Suffolk, where he does mainly one on one Functional Integration® work, and teaches occasional workshops.