



Lifelong Agility: Work Smarter not Harder

20-219494 | 15 CEs for LMTs

AGILITY means being able to move easily in any direction quickly and lightly. This requires good balance, a brain that senses whole body action, easy joints and an even give and take between flexors and extensors of all muscles working in synergistic patterns.

This course is designed to offer practical clinical strategies for people with low back, spine, hip and knee difficulties in bending, standing and sitting. To create or regain 'agility', one needs to rediscover a whole body 'image of action' as opposed to 'fixing' one part.

Therapists learn to improve their ability to view tension in others through personal experience. This 'embodied learning' is through specific Feldenkrais' Awareness through Movement® lessons, partner collaboration and lecture. Participants learn to sense, in detail, how each action is performed and how variations in effort and path help create a new image for that action.



Learn to:

- Notice patterns and work indirectly to a problem area.
- to illuminate space between all joints –and relationship for distribution of effort
- To interrupt habitual muscular holding patterns, and non-verbally suggest new options — supporting a change in one's Brain Map
- To develop skeletal support and improved balance and thus functional ability.
- To support clients in developing long term agility and health

IN PERSON Seminars
Orlando May 19-22

ONLINE Webinar
August 9-13
3 hours/5 days

Seminar Fee \$400
*10% less with 3 week early
registration
Packages Available*

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