

**Moving with Ease and Joy
weekend 4th - 6th August
2017
Booking Form**

Name:

Address:

Postcode:

Email:

Tel:

Special dietary requirements:

Preferred accommodation:

Single room....

Twin Room....

Dormitory. (women only)....

I enclose a cheque for (please indicate):

Cost

Single Room £269

Twin Room £255

Dormitory £235

Non-refundable deposit £60

Early bird booking: pay your non-returnable deposit of £60 by 1st Feb 17 and pay £20 less of the total amount

Fees include all tuition, accommodation, meals from Thursday afternoon tea to Sunday afternoon tea, all tea and coffee.

Booking

To book please fill out the form and send full payment or the non-refundable deposit. The deposit must be received by 5th June 17. Full payment should be received by 5th July. Once payment has been received after the 5th July fees (minus deposit) will only be refunded if a replacement student can be found. The early bird booking must be received by 1st Nov 16.

Please make cheques payable to Raqs Sharqi dance projects and post to Raqs Sharqi dance projects, 2 Bicknor Hse, Pembury Rd, London E5 8LQ. You can transfer payment directly into the bank account. Please state name of transferee and email bank details to the Administrator.

RaqsSharqi dance projects, Barclays Bank,
Hitchin Branch, Sort code 20 41 12

Account Number 60625442, IBAN GB 78
BARC 2041 1260 6254 42, SWIFTBIG BARCGB22

www.movingmindfully.com

**All enquiries to: 0044 077808 22843
julbrustik@yahoo.co.uk**

***Moving
with Ease
and Joy***



***Alexander Technique and
the Feldenkrais Method***

**4th - 6th August 2017
Residential weekend**

**Haileybury College
Herts (just north of London)**

Moving with Ease and Joy

Alexander Technique was created in the early 20th century by Frederick Matthias Alexander, who as a successful young actor in Australia found his career threatened by frequent loss of his voice. Having followed his doctor's advice without success he reasoned that the vocal problem was a result of the way he was using his body, and with the help of a multiple mirror system he set about investigating his fundamental movement habits. This initial painstaking research and quite courageous exploration of the unknown helped him to formulate the theories and practices that became known as the Alexander Technique, for decades now taught worldwide, with teacher training schools in most major countries. The training is three years full time, and one of the interesting features of Alexander work is that the teacher really has to practise what they preach!

The Feldenkrais Method was developed by Moshe Feldenkrais over many years whilst he worked in Israel, France and the United States. Feldenkrais was a scientist, and engineer and as well as an expert in the martial art of Judo. He was interested in human learning and movement development and understood that all movement is a dynamic and subtle interplay between the nervous system, the muscles and the bones. The Feldenkrais 'Awareness Through Movement' sessions allow your body and mind to absorb new and more beneficial movement patterns. This allows you to let go of habits that cause discomfort or pain and limit your self image. You will be guided verbally through a series of carefully constructed movement sequences which allow you to focus on your own unique way of moving.

A brief distillation of the aims of both Alexander Technique and Feldenkrais might be : simply relearning how to inhabit and use our bodies the way we did as small children.

Times

**Friday: Arrival from 4.30pm
First evening meal at 6pm**

Sessions:

Friday: 8.15pm - 9.45pm

Saturday: 9.30- 12.30pm & 3-5pm

Saturday evening Sound Bath: 8pm

Sunday: 10- 12.30pm & 2.30-4.30pm

Course content will include playful, enjoyable work on standing, walking, sitting, reaching, plus freestyle spontaneous movement. Some considerable time will be spent lying on the floor and help will be readily available for anyone who may find getting up and down difficult. Some sessions will include carefully facilitated hands on pair work which most people find helpful and enjoyable.

This is a great opportunity to have some quality me time either solo or shared with a friend or partner. You can expect to achieve increased body awareness, reduced stress, and enhanced ease and pleasure in everyday movements and in your yoga/Pilates/dance classes/gym sessions. Both Alexander Technique and Feldenkrais Method allow us to let go of some of the habitual postural and movement habits acquired over a lifetime which limit our freedom and efficiency in movement.

On Saturday evening we have a special 1 hour Sound Bath session with Mona Ruijs - a Gong Practitioner trained by 'The College of Sound Healing' in Devon, U.K.' www.soundinterventions.uk

TEAM WORK

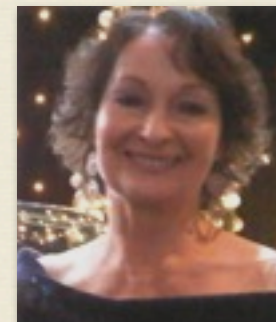
Juliana and Judy have been running residential dance and body awareness weekends together for around 18 years, developing increasingly effective ways of combining their skills and experience and a real passion for creating an environment where participants with a variety of backgrounds can learn, develop and discover new and more enjoyable ways of moving and being.

JULIANA BRUSTIK

has been teaching dance for over 25 years. Many years ago she discovered the Feldenkrais Method and participated in many workshops and ongoing classes. She felt this method to be immensely helpful in releasing deep seated emotional/ physical tension. Feldenkrais is also a wonderful ongoing tool to refine her movement work in performance. She recently qualified as a Feldenkrais practitioner. For the past three years she has been running two successful weekly Feldenkrais Awareness Through Movement classes and numerous weekend workshops.

JUDY HAMMOND

holds a UK Cert.Ed and B.Ed and has been a STAT qualified teacher of Alexander Technique for thirty years. She has teaching qualifications in ballet and Egyptian dance, and has been studying and practising Pilates, yoga and tai chi/chi qong for a similar period. She loves to offer students a broad variety of practices and images to enhance their alignment, movement quality and pleasure and confidence in moving. Judy has a successful AT teaching practice in Hertfordshire and the City of London. She also runs regular workshops throughout the UK and abroad.



Venue

**Haileybury College,
Hertfordshire, SG13 7NU**
The train stations closest to the venue are Broxbourne, Hertford East and Hertford North. You will have to take a taxi from the point of arrival to the College. There is a fast train from Liverpool St (35 min) or a slower train from Moorgate St in London. The nearest airport is Stanstead.

Accommodation

Haileybury College is a private college set in its own beautiful grounds. Accommodation is either in single rooms, twin rooms or a very spacious dormitory. All the workshops are taking place in the newly refurbished chapel hall.