

## Wake Up!

### *A Feldenkrais® - Inspired Sequence*

A sequence of popular Feldenkrais Method® lessons to help you 'wake up' at any time of day

Feldenkrais Method® and theatre practitioner, Anna Yen will lead you through a sequence of dynamic Awareness Through Movement lessons which incorporate:

- multiple ways to move from standing to sitting to lying on the floor, and back up to standing.
- moving across the floor
- folding, arching, side bending, twisting and spiraling movements
- practising awareness of how you are moving, and of the environment in which you are moving.
- The workshop incorporates games, which playfully develop awareness of the space, other people, and rhythm.

The exploratory sequence is something you can return to again and again – in parts or as a whole – anytime you want to revitalise yourself and your outlook.

**\*\*Workshop Pre-requisite : A willingness / preparedness to explore dynamic movements.**

**Date:** Saturday and Sunday, 13<sup>th</sup> & 14<sup>th</sup> April, 2019.

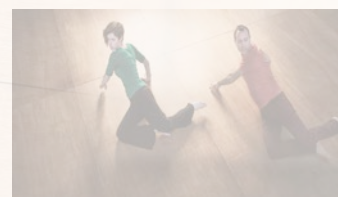
**Time:** 9.00am – 1.30pm. Please arrive in time to register before 9.00am.

**Venue:** Uniting Church Hall, Mary St, Malanda.

**Cost:** \$180 (Early Birds by Thurs 14<sup>th</sup> March pay \$160)

**Book at TRYBOOKING:** <https://www.trybooking.com/ZZXV>

**Enquiries :** Anna Yen [annayen@ozemail.com.au](mailto:annayen@ozemail.com.au) Ph: 0417 623 886  
Grace Chapman Ph: 0428451679



© IFFArchive, Robert Golden

**Anna Yen** is a physical theatre director/creator/performer, circus tutor, and a Feldenkrais Method practitioner since 2000. Her work spans theatre, contemporary circus, physical theatre, street theatre and film. She teaches in universities, communities, companies, festivals and schools. The Wake Up! sequence is inspired by Anna's theatre mentor Monika Pagneux, who studied with Dr Moshe Feldenkrais in the 70s. Anna is the founder of PlayMoves: [www.playmoves.org](http://www.playmoves.org)



**What to bring:** The hall has floorboards so please bring a **thick (non sticky) mat or thick blanket** to lie on, a towel for your head, and any other padding or support you need to be comfortable lying or sitting on the floor. Chairs are available at the hall. Please wear loose, comfortable clothing that allows you to breathe freely and doesn't in any way interfere with your ability to move easily.

**Morning tea** will be provided each day. Malanda CBD is nearby for pre and/or post workshop refreshments and meals.