

PlayMoves

Anna Yen

presents

Wake Up! A Feldenkrais Inspired Sequence

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

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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 spiralling 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.

Suitable for people of ALL abilities. Experience of the Feldenkrais Method is helpful but not essential. A willingness / preparedness to explore dynamic movements is necessary.

Dates: Friday March 29 - Sunday March 31, 2019.

Time: 1pm to 5.30pm Friday & Saturday, /
12 noon to 4pm Sunday

Venue: BrisWest Centre, 132 LaTrobe Terrace,
Paddington, Brisbane, Qld.

Afternoon tea supplied.

Cost: \$255 (early birds by Thurs., Feb 21: \$220).

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 Monika Pagneux, Anna's theatre mentor who studied with Dr Feldenkrais in Paris in the 1970s.

Anna is the founder of PlayMoves: www.playmoves.org



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

Enquiries : Anna Yen: annayen@ozemail.com.au 0417 623 886 / Lesley McLennan: lesley@potentself.com

Bookings & conditons: Full payment is required at the time of booking to guarantee your place for this workshop. Early bird payments due by Thursday Feb 21, or as soon as the workshop reaches capacity.

Cancellation before March 7, will incur a \$50 fee. After this time, the cancellation fee is \$80.