



The Centre for Movement Studies, Shenton Park presents

# PlayMOVes

## Wake Up! A Feldenkrais® -Inspired Sequence

*A Feldenkrais Method® workshop with Feldenkrais Practitioners*

**Anna Yen and Julie Peck**



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***Have you ever wanted to explore a sequence of Feldenkrais Method® Awareness Through Movement (ATM) lessons to help you 'wake up'?***

Feldenkrais Method® and theatre practitioner, Anna Yen, assisted by Julie Peck, Feldenkrais Trainer, 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
- flexion (folding movements), extension (arching movements), side bending and rotation (twisting and spiraling movements)
- practising focus which is both inside and outside i.e. both 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. This exploratory, draft sequence of Awareness Through Movement lessons, was put together by European theatre teacher, Monika Pagneux, to help performers "wake up", to be ready to play and to follow their impulses on stage (or in life!) Anna has studied extensively with Pagneux, whose aim is to help people be "wonderful, sensitive, moving human beings".



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**Anna Yen** is a movement teacher, physical theatre director/creator/performer, circus tutor and Feldenkrais Method® practitioner. (Brisbane II Feldenkrais Practitioner Training Programme, 2000). Her work spans theatre, contemporary circus, physical theatre, street theatre and film. She teaches in universities, communities, companies, festivals and schools. Anna's work is inspired by renowned European theatre teacher, Monika Pagneux who studied with Moshe Feldenkrais in Paris in the 1970s and integrated Feldenkrais' work into her actor training. Anna has been studying movement training for performance with Pagneux in Europe since 1994 and has attended Pagneux's pedagogy workshops annually from 2007-2013. Anna's acclaimed one-woman show "Chinese Take Away" and its film adaptation has taken her to festivals around the world. She is a finalist in the Queensland Premier's Drama Award 2018 with her new work-in-development, "Slow Boat". Other awards include a Creative Partnerships Art and Health Award Qld with The Lamingtons for Griffith University - Wesley Mission Brisbane - Playful Engagement project, and a Churchill Fellowship. Anna is the founder of PlayMoves: [www.playmoves.org](http://www.playmoves.org)



**Julie Peck, B.App.Sc. (Physiotherapy), Certified Feldenkrais Trainer** Julie is a highly respected Feldenkrais practitioner and international trainer. She has presented at trainings in Australasia, Europe and USA, as well as at conferences and workshops. Julie was the Educational Director for the recent Perth Feldenkrais Practitioner Training Programme. Julie's gift of creating a bridge between theory, from the biological sciences and education, and its practical application in an individual's life have made her a sought-after teacher and practitioner.

***Pre-requisites: a willingness / preparedness to explore dynamic movements.***

**Date:** Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> October 2018

**Time:** 1pm to 5.30pm Saturday and 1pm to 5.30pm Sunday

**Venue:** Mount Hawthorn Main Hall, 197 Scarborough Beach Road, Mount Hawthorn.

**Parking:** Parking is abundant and free of cost in the streets surrounding the hall.

**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.

**Afternoon tea will be provided both days.**

**Cost:** \$190 including GST (early birds by Wednesday 29<sup>th</sup> August pay \$160 including GST)

**Bookings and conditions:** Pre-booking and either half or full payment are required at the time of booking to guarantee your place for this workshop. Early bird payments are due by Wednesday 29<sup>th</sup> August *or* as soon as the workshop reaches capacity. Cancellation before Wednesday 12<sup>th</sup> September will incur a \$55 fee. After this time, the cancellation fee is \$80. To check availability and/or book please email Sara: [sara@yogamoves.net.au](mailto:sara@yogamoves.net.au) or phone 0415 363 313.

**Payments:** Your place is only guaranteed upon receipt of payment. Please make any cheques payable to 'Centre for Movement Studies' and post to Sara Elderfield, PO Box 7191, Shenton Park 6008 or send a direct debit.

**Direct debit:** Please include your name on your payment.

**Account name:** Centre for Movement Studies

**BSB:** 066 130 **Account number:** 1036 6227

**Bank:** Commonwealth Bank, West Perth

