

Getting Hip

WEEKEND WORKSHOP IN *FELDENKRAIS®-AWARENESS THROUGH MOVEMENT®*
PRESENTED BY ALAN QUESTEL IN LUCERNE, SWITZERLAND, SEPTEMBER 23/24, 2006

Want to get hip, literally?

In movement this can be done through discovering your hip joints. Your hip joints are the key to easy and comfortable movement -- but they are also mysterious and hidden from our self-image.

To move from your hip joints is more than just a nice idea, it is an experience you can embrace and utilize more and more frequently in your daily life.

Discovering your hip joints and exploring their potential for movement can help you experience new possibilities for moving through your life with a comfort that you had previously only hoped for.

"Getting hip" is more than just 'being cool'...it is finding an ease and grace for creating more enjoyment in all the things you do.

ONE

1) Introduction	15:33
2) ATM 1: Getting to know your hip joints	45:31
3) Discussion	06:25
4) Where are our hip joints? And....	06:13
Total:	73:42

TWO

1) ATM 2: Hooking your toe #1	40:08
2) Discussion	05:05
3) Our whole self! Pain...when? Function, learning and our internal conversations.	07:49
Total:	53:02

THREE

1) ATM 3: Getting to know your hip joints in another way	35:49
2) Discussion... and a short experiment	05:03
3) ATM 4: Hooking your toe #2	20:18
4) Discussion	04:21
Total:	65:31

FOUR

1) Discussion...pain, taking care of ourselves, the use of our attention, trusting yourself... or the experts?	20:11
2) ATM 5: Reaching out from your pelvis	45:35
3) Discussion	06:54
Total:	72:40

FIVE

1) ATM 6: Hooking your toe #3	37:29
2) Discussion. Symmetry and appreciating differences.	06:07
3) Proportional distribution of movement, moving our pelvis from both ends and stability.	14:29
Total:	58:05

SIX

1) ATM 7: The Feldenkrais Crawl	39:04
2) Discussion. Being inclusive of our experiences and a story about Margaret Mead.	04:03
3) ATM 8: Towards an upright posture	26:21
4) Discussion & Goodbyes	04:31
Total:	73:59

Complete recording time: 6h 36:59