

# Walk Your Own Walk Better!

## *An Introduction to Effortless Standing and Easy Walking Using the Feldenkrais Method®*

Strong, structural alignment gives you the opportunity to stand and walk effortlessly with a sense of potency and maybe even joyfully! When your whole structure is aligned well in 'neutral posture' or ('good posture'), your weight is carried by the sound structure of your bones, ligaments, and tendons rather than your muscles. We need some muscles, of course, to hold us up but muscle tension, stiffness and feelings of heaviness arise when some muscles do the work that our skeleton should be doing. It's tiring! This introductory workshop can benefit anyone interested in learning about walking and standing with ease. Each class will focus on different aspect of walking technique. Enrol if you want to:



- Learn and experience how your skeleton is designed to assist you to feel supported, balanced, and still able to move in any direction freely.
- Experience how better alignment makes for less effortful standing, sitting and is the beginning of walking with power and freedom.
- Understand the basic components of walking and take away a small routine to practice for on-going change, improved flexibility and balance.
- Rediscover the pleasure in walking.

**Sara Elderfield:** Sara has been walking for the love of it (and exercise) since she had long-enough legs to join in with the family habit. She has also been teaching movement as a form of meditation practice for 20 years. She is a yoga teacher, a The Feldenkrais Method® practitioner, long-term meditator and her teaching melds all three modalities as part of her ongoing interest in how our inner intentions are communicated through our posture and our way of moving through the world. (The gross and subtle shapes we make with ourselves colour our experience of ourselves and 'others'). By becoming more aware of how we are with ourselves in our yoga, Feldenkrais or meditation practices, we learn to have more choices physically, emotionally and in our thinking during our practice on the mat and, more importantly, in our day to day lives.

Sara grew up in Indonesia, Burma, country W.A. and Perth. She studied literature at U.W.A. for three years before meeting her teacher, Venerable Namgyal Rinpoche in 1993. She studied with him until his death in 2003 and has continued to study with other teachers since then including the founder of the modern Labyrinth movement, Lauren Artress with whom she did a retreat and Labyrinth Facilitator training in 2016. She is a certified Feldenkrais Method® Practitioner. Since 2009, Sara's classes have been based out of the Centre for Movement Studies Studio at Shenton Park and, in addition to the classes which run at the studio throughout the year, Sara has taught in numerous workplaces and schools throughout Perth and the south-west. She takes retreat groups to overseas for movement, meditation and walking (pilgrimage) retreats annually. Previously we have 'retreated' in Bali, Nepal, Tibet, Vietnam and most recently various parts of France.

**Pre-requisites:** There may be some questions related to the topic to consider and perhaps a short reading or a YouTube video to watch pre-course, but I will let you know closer to the time.

**Course dates and time:** 4 Saturdays - 3, 10, 17, 24 November 2018. 1pm – 2.15pm. Please arrive 5 - 10 minutes early to collect the equipment you will need and set up your place.

**Venue:** Centre for Movement Studies and Yoga Moves Studio, 45 Evans Street, Shenton Park. The studio is a separate hall attached to the West Subiaco Masonic Hall ('Google' 78 Herbert Road for directions) and our entrance is on Evans Street opposite Lake Jualbup.

**What to bring:** You will need to wear clothing that you can move and breathe in (no tight waistbands, jeans or belts etc). All equipment is supplied but please bring your own if you prefer to use your own equipment.

**Cost:** 4 class card \$100/\$88 concession\*. Payment before the first class is required. The terms and conditions of class cards are on the registration form and on the website and should be read before purchase as there are no credits for missed classes. Missed classes may be made up in Sara's other Feldenkrais classes before Thursday 29<sup>th</sup> November 2018. Casual classes \$25/\$22 concession\* are possible for students who have some experience in the Feldenkrais Method but only in consultation with Sara before attending class.

**Bookings:** To check availability, ask questions and/or to book please email Sara: [sara@yogamoves.net.au](mailto:sara@yogamoves.net.au) or phone/text 0415 363 313. Class numbers are limited and pre-booking your place is required. If we will be working together for the first time, or I haven't seen you in a while, I will ask you to fill in a confidential participant form prior to coming to class which I will email you.

**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:** Yoga Moves

**BSB:** 066 125

**Account number:** 1013 5666

**Bank:** Commonwealth Bank



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