

*emBodyment-integrity through movement*

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**Newsletter**

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**Encouraging Longevity  
of Your  
Health and Well-Being  
Through Movement and Touch**

[www.emBodyment-itm.com](http://www.emBodyment-itm.com)



## MODULE 4 STUDENTS IN THE LABAN/BARTENIEFF CERTIFICATE PROGRAM

participated in my Self-Care Hands-on Bartenieff Fundamentals Workshop where the challenges were 1) to work on the floor, 2) have the client upright and mobilized by the end of the session, 3) be attentive to the student as client and 4) attentive to how one's own and constantly changing Body-Effort-Space-Shape relationship dynamic influenced the one-on-one session.

Welcome to my newsletter! I will be sending newsletters out periodically to update information and to remind you about the importance of taking care of YOU!

This first newsletter is to just say hi! I'm back in Cary, NC after a very full 3 weeks of teaching in the LIMS\* Module Certificate program in New York City, seeing clients for their bodywork and movement sessions, exchanging sessions with other bodywork practitioners and attending some important fascia meetings with colleagues. I also visited with friends, went to a performance of a dance-in-progress and spoke to a Martha Graham Co. performer after his performance in this. It was a very full visit and I'm now catching up on my sleep and . . .

. . . thinking about the recent fascia research I am now reading and hearing about, research that supports the work that I have been doing with fascia since 1983. In fact, fascia has been explained as having a tensile integrity (tensegrity) within the human body similar to that within the structure of an icosahedron! This is a very exciting time to be working in this body system.

So how is your fascia today? :) Have you been feeling stiff? Have a pain you are ignoring?

Know you are creating and recreating a movement problem but don't know how to address it? Just want to see my smiling face and feel my touch? Seriously - could you use a session? Is it time to make an appointment?

I'll be teaching several adult beginner movement classes at Harmony Pilates in Apex in February. I suggest that you always check "Upcoming" on my website [www.embodyment-itm.com](http://www.embodyment-itm.com) to see what I'm up to in North Carolina and elsewhere and when I'm returning to your part of the world. I look forward to seeing you soon!

\*Laban/Bartenieff Institute of Movement Studies

*Educating You in awareness  
of Your own body,  
its movement patterns and potential.*

Please email me: [Jackie@embodyment-itm.com](mailto:Jackie@embodyment-itm.com)  
if you do not wish to be on my mailing list.



**An Icosahedron Model**  
constructed from seasonal materials from a dollar store for an advanced Space Harmony class that I taught. The icosahedron is a polyhedral form in which the human body moves. Students at LIMS study and move within this form and others, to experience and understand human movement potential.