

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**

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WILLA NEEDLER AND JACKIE HAND GIVING JOHN CHANIK A CONNECTIVE TISSUE TREATMENT

Four of us (Linda Jantz not pictured), meet and exchange bodywork, knowledge, and insights when I come to NY/NJ. While working on each other, we continually remind one another of proper technique and of ways in which we can continue to manifest the Laban Movement Analysis/Bartenieff Fundamentals (LMA/BF) in our own bodies and in the bodies of our clients. Linda took the photo.

Hi! I am in New York City/New Jersey as I write this, working with clients and friends. John Chanik, Willa Needler, Linda Jantz, and I, all of us Certified (Laban) Movement Analysts, met for a day of Bindegewebbsmassage, i.e., fascia work as taught by Irmgard Bartenieff to a few of her students. One of them, Theresa Lamb, taught us.

Since our various initial trainings with Theresa, Willa's in 1982 or '83, mine in 1983, John's in 1991, and Linda's in 1994, we have deepened into the work through the years of practice and experience that we have acquired, both separately and together. We have become more experienced in moving in the fascia, and now more clearly feel subtle tissue changes. Laban Movement Analysis (LMA) and Bartenieff Fundamentals (BF) are integral to our work, both in how we ourselves use our own bodies and in how we work with our clients.

We each have developed the material slightly differently. I incorporate CranioSacral Therapy and SomatoEmotional Release work with the Connective Tissue treatments and LMA/BF. Willa uses Cranial Sacral Therapy, Visceral Manipulation, Polarity Energy Work, and Fascial unwinding in her practice. John emphasizes the fascial component in

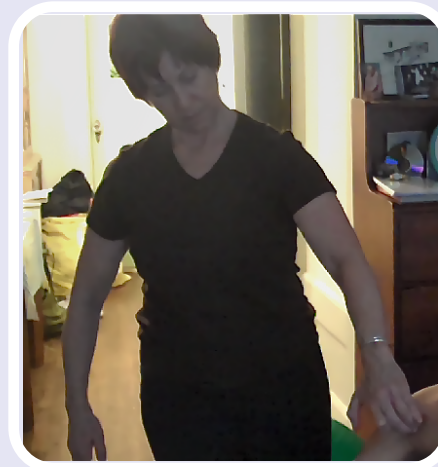
movement re-patterning in using LMA/BF in his somatic practice. Linda integrates CranioSacral Therapy with the Connective Tissue treatments and her LMA/BF work.

Our times of working together are also times of sharing. We were taught this bodywork with BF/LMA paramount as support, and it is also our common language of movement communication. We all agree that LMA/BF and the Connective Tissue treatments have kept us moving healthily through the years and through our own individual body and movement issues.

Fascia work is amazing and it has now caught the attention of the medical world. I will be addressing it in more detail in future newsletters.

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

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



Moving Through Fascia

Staying connected to John's tissue while maintaining an active awareness of my moving body through my own body connections, spatial awareness and intent always makes treatment sessions feel like I'm dancing.

What is fascia? Fascia is in the body as layers of connective tissue that bind, separate and support organs, muscles and other structures within the body.