

emBodyment-integrity through movement

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

www.emBodyment-itm.com

EXERTION AND RECUPERATION

For those of you shoveling snow, make sure you balance your work by alternating your grip and the sides you toss the snow. Stay grounded and shovel with mindfulness, body awareness, spatial and dynamic changes. . . AND pause to REST. I look forward to hearing about your snow shoveling movement and phrasing explorations.



CHARACTERIZED BY AN ALMOST ORGANIC EXCESS,
HYPERBOLIC SPACE RESEMBLES NOTHING SO MUCH
AS A SEA CREATURE.
— MARGARET WERTHEIM



TWO ORGANIC FORMS, KAREN BRADLEY AND I,
ENJOYING THE EXCESS OF CROCHETED HYPERBOLIC
SPACE.

What a month January has been! Teaching in the Laban Certificate Module 2 and 4 programs at the U of MD while staying with Karen Studd in Fairfax Virginia involved leaving the house around 7 every morning to sit in beltway traffic-and the same in the evening. I have always maintained that driving is detrimental to one's body; many of our problems come from our positioning behind the wheel and our many hours in car seats. I'm now still strongly convicted of that belief. More than once I had to dash back into the house for my icepack (sitting with an icepack against my sacrum while driving has been helpful. I urge you to try this, though like me you may bounce out of the car more than one morning to retrieve it). Many of you DC area folks do the "495 trek" every day. What stamina! The rides were long and draining but good in that I was able to spend the time talking "Laban" with Karen. And I managed to miss major snowstorms while there.

friends, colleagues and making new acquaintances. A special thanks to lovely Miriam Phillips and Edouard, who opened their home to me to meet with people in the hours when I was not teaching. All in all, a satisfying 3 weeks. A big thanks to those who make the Laban training possible.

In June 2010's newsletter, I gave reference to Margaret Wertheim's Ted Talk on hyperbolic space and her crocheted coral reefs. http://www.ted.com/talks/margaret_wertheim_crochets_the_coral_reef.html I was fortunate to see the actual exhibit at the Smithsonian on a field trip with the Module students and Karen Bradley. Truly, truly incredible. The photos here will attest to that.

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

This Spring will be a busy one for me and I'll have much to report in the next few months.

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



**Gretchen Dunn
ponders colored vertices of the
planes, 2 polar triangles and a girdle
of the icosahedron.**

In Module 2, we focused on the movement of the peripheral girdles and transverse axes scales of the icosahedron. The axes for these scales are the diagonals of the cube.