

emBodyment-integrity through movement

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

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THE FASCIA WORKSHOP



IRMGARD BARTENIEFF'S APPROACH TO FASCIA

Photos L to R: 1. Sara Lampert-Hoover working with Andrea Haenggi, 2. Workshop participants exploring and observing fascia through movement, 3. Jackie and John.

John Chanik and I led a successful workshop May 13-15th for the Laban/Bartenieff Institute of Movement Studies (LIMS), New York City, in the exploration and understanding of Irmgard Bartenieff's (1900-1981) work in fascia. Bartenieff understood the significance of fascia years before the current explosion in interest. John and I trained in Bartenieff's approach to Bindegewebsmassage (Connective Tissue Treatment), via Bartenieff Fundamentals with Theresa Lamb, an early student of Bartenieff, I in 1984, and John in 1991. John and I met weekly from 1992-2005, 13 years, to study fascia, movement and to exchange bodywork!

It amazes me now to think about all we shared and exchanged as we explored movement and bodywork each week. We gave each other tips, discussed readings or material from workshops one or the other of us attended, asked questions and advice concerning clients and classes. It was a rich time for us both and deepened our experience of, and commitment to, the education of movement and bodywork from the Laban perspective as an essential, and our preferred, approach to health and well-being.

The workshop allowed the students to more fully experience and validate inner sensations and then observe the corresponding anatomical movement or lack of movement in others. It was especially exciting when John pointed out the resilient phrasing inherent in moving from our fascia and I realized kinesthetically that I walk from my fascia! I have spent the past few days observing people walking from fascia, from muscles, from bones.

Nine people attended the entire workshop with partial attendance by 3 or 4 others.

Certified Movement Analysts are required to take an additional 100 hours of training as part of their application to become Registered Somatic Movement Educators and/or Therapists through ISMETA (International Somatic Movement Education and Therapy Association). Our 20 hour workshop was offered in partial fulfillment of that requirement. In addition to experiencing the recognition and observation of fascial movement and restrictions, the students participated in our classes in ethics, counseling, self-care, and business practices. The group also watched the wonderful DVD "Strolling Under the Skin."

It was a satisfying and fulfilling weekend of Laban Movement Analysis/Bartenieff Fundamentals with eager and knowledgeable workshop participants from across the US and Canada.

"I have been to many, many workshops since I graduated in 1990 and can really appreciate how exceptional the LMA/BF approach is, both in its vigor and in its openness to improvisation as a source of learning." -Mari Naumovski, Canadian CMA workshop attendee.

ENJOY YOUR SUMMER!

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

CRANIOSACRAL THERAPY I THE VIEW FROM THE TEACHING ASSISTANTS' TABLES



Assisting in an Upledger Institute, Inc. CranioSacral Therapy class is fun, demanding and rewarding. We sit or stand for hours, to aid, not get in the way of, the students' progress. I work with people I've known for years, network with and meet others. The photos (top to bottom): 1. From my seat looking to the front of the room. 2. Looking to my left at 5 of the 7 of us. 3. With Peg Dougherty of Morristown, NJ, my first CST mentor.

Please email me:
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