

**AWARENESS THROUGH MOVEMENT
and EMOTIONAL EXPRESSION**

Montreal, June 14-20, 2010
June 26-July 2, 2010

Workshop Registration Form

Name: _____

Address: _____

Email: _____

Phone: _____

Cell Phone: _____

Gender: Male _____ Female _____

Age: (must be over 18 years old to attend workshop)

Workshop **June 14 - 20** _____

Workshop **June 26 - July 2** _____

Workshop cost:

\$425 _____ if paid by April 15

\$475 _____ after April 15

(reduction for participants 2008-2009):

\$375 _____ if paid by April 15

\$425 _____ after April 15

Workshop Payment Method

_____ Check

_____ Money order

_____ PayPal Invoice

Please send this form
with workshop payment to

AUTOPOÏÉSIS,
école d'art *Feldenkrais* MD,
1012, avenue du Mont-Royal est,
bureau 107
Montréal, Québec H2J 1X6

or payment could be made on **Paypal**,
through **Laura Facciponti's web site**.
www.breathxpress.com.

**THE FELDENKRAIS® METHOD
OF SOMATIC EDUCATION**

This method of somatic education developed by Moshe Feldenkrais, doctor of mechanical engineering and physical science and holder of a black belt in judo, uses the movement of the body to improve the quality and efficacy of personal function. By using movement, this method proposes becoming more aware of our habits of movement and then broadening our repertoire of actions. Reduction of effort, ease, slowness, efficacy and comfort are important strategies used in somatic education. Playful but systematic exploration of the options in movement is specific to the method. Attention is directed to observation of sensorial differences and to participation of the entire person in the movement. This method has diverse applications for the arts, for health, work, education, sports, etc.



**TO REGISTER AND
RESERVE YOUR PLACE**

Write to us at
autopoiesis@oguimond.com
or telephone **514-522-8027**

Workshop cost:
\$425 if paid by April 15
\$475 after April 15

(reduction for participants 2008-2009):
\$375 if paid by April 15
\$425 after April 15

Cheque or money order made out to
AUTOPOÏÉSIS at the following address:

AUTOPOÏÉSIS,
école d'art *Feldenkrais* MD,
1012, avenue du Mont-Royal est,
bureau 107
Montréal, Québec H2J 1X6

or payment could be made on **Paypal**,
through **Laura Facciponti's web site**.
www.Breathxpress.com

**This fee is non-refundable
unless the workshop is cancelled.**

The workshops will take place at

CENTRE KINESPHERE
1565 Avenue Mont-Royal est,
Montréal



Métro **MONT-ROYAL**
centre.kinesphere.com

Both Laura Facciponti (*Alba Emoting*®) and
Odette Guimond (*Feldenkrais*®)
will be available for individual lessons
of 60 minutes on appointment. (Cost: \$65)

**AWARENESS THROUGH MOVEMENT
and
EMOTIONAL EXPRESSION**

A MEETING OF TWO METHODS

**THE FELDENKRAIS® METHOD
OF SOMATIC EDUCATION**

and

THE ALBA EMOTING® METHOD



WORKSHOP in French

JUNE 14-20

(day off June 17)

Workshop presented by **ODETTE GUIMOND**

Beginner and intermediate levels

Languages of instruction: French and English.

JUNE 26 - JULY 2

(day off June 29)

Workshop presented by
ODETTE GUIMOND
and **LAURA FACCIPONTI**

Beginner, intermediate and advanced levels

Helpful Personal Information

(Please fill out as much as you feel comfortable sharing with us so that we are more informed about you and your needs)

Profession/Career Information:

What previous experience, if any, do you have with either technique *Alba Emoting* or *Feldenkrais*?

What do you hope to gain by learning these two techniques, *Alba Emoting* and *Feldenkrais Awareness Through Movement*?

Can you share with us how you learned about our workshop?

Are there any limitations, personal sensitivities, or concerns you have physically or emotionally that you would like to mention here or talk to one of the instructors about in advance of the workshop so that we are aware of them before instruction begins? If so, we are happy to call you or meet with you in advance of the workshop to discuss them with you.

WORKSHOP in French

JUNE 14-20

(day off June 17)

Workshop presented by **ODETTE GUIMOND**

Beginner and intermediate levels

Languages of instruction: French and English.

JUNE 26 - JULY 2

(day off June 29)

Workshop presented by
ODETTE GUIMOND
and **LAURA FACCIPONTI**

Beginner, intermediate and advanced levels

Odette Guimond, Ph.D., certified teacher of the Feldenkrais® Method of somatic education and certified instructor in Alba Emoting® (CL3) is an



actor, director and director of AUTOPOÏÉSIS. She is artistic director of the Réverbère Théâtre. She teaches dramaturgy and acting at the École de théâtre du CÉGEP de Saint-Hyacinthe and is a lecturer in the dance department of UQÀM (Université du Québec à Montréal). She also gives Feldenkrais lessons in private practice. Her special interest is the integration of somatic education in the field of interpretive arts. [www.oguimond.com]

Alba Emoting is the missing link in Somatic Education. These lessons in emotional expression particularly when presented with lessons in Awareness Through Movement with the Feldenkrais Method offer a unique experience in sensing, feeling and acting. A superb if not optimal combination.

Yvan Joly M.A. (Psy.), psychologist and international trainer of the Feldenkrais Method of Somatic Education.

SCHEDULES OF ACTIVITIES

9:30 am to 12:30 pm

and

2:00 pm to 5:00 pm

The workshop will provide equal lessons in *Alba Emoting* and the *Feldenkrais* methods.

THE ALBA EMOTING® METHOD

This method developed by Susana Bloch, doctor of neuroscience and specialist in neurophysiology and psychophysiology, allows each individual to learn to initiate, to express and to modulate consciously and securely fundamental emotions, relying on physiological and organic means. The method uses specific respiratory patterns, along with postural attitudes and facial expressions specific to each emotion. These precise patterns help people to accurately express, to recognize and to modulate their emotions, to better recognize the emotions of others and to communicate their emotions unambiguously. The method is recognized as an effective training tool for actors but is also of interest to psychologists, sociologists, the business world, etc.



"I don't think I could have understood all the subtleties of the *Alba Emoting* method without the neutrality offered by the *Feldenkrais* method."

An actor's testimony

Laura Facciponti, MFA, certified instructor in Alba Emoting® (CL4) is an actor and associate professor of theatre studies at the University of North Carolina in Asheville NC, USA, where she teaches voice and acting. Her special interest is emotive



expression in performers. She is one of 10 certified instructors in Alba Emoting® in the United States. She has taught this technique in the US, Chile, Mexico and England.

[www.Breathxpress.com]