

FELDENKRAIS AUSTRALIA

Journal of the Australian Feldenkrais Guild Inc.

May 2013

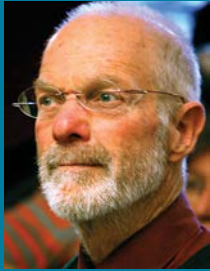


**NEW IMAGES
FOR OUR USE**

**ZORAN KOVICH
CASE STUDY**

RE-STRUCTURING AFG

ALAN'S FAVOURITE JOKES



EDITORIAL

By Ralph A Hadden

Welcome to this issue! Thank you to all who passed on encouraging feedback on my first issue, published last November- it seems most members have welcomed the new look and format as a positive step for our guild.

It's great to see the new photos- David Hall has followed up his passionate argument, featured in the November issue, with constructive action: a photo shoot, brochures and images made available to all members. Well done, David, and all the others who worked on the project!

What I've been reading. For entertainment: Cloud Atlas by David Mitchell (Sceptre 2004). I read Mitchell's first book, Ghostwritten (1999) and immediately decided I wanted to read everything he's written (the same way I feel about Kate Atkinson and Jasper Fforde). Cloud Atlas is a lovely mix of storytelling and an unusual, clever overall structure. Saw the movie (after the book)- quite good but, as usual, not as good as the book.

Non-fiction. Sex at Dawn by Christopher Ryan and Cacilda Jetha (2010 Harper Perennial 2011), a revolutionary look at human sexual behaviour. Turns out monogamy is not necessarily natural for humans. It's more a product of social structures developed when we became agricultural communities (relatively recently on an evolutionary timescale). As nomadic hunter-gatherers, they argue, we were much freer sexually- and had more fun apparently. And we have innate capacities for love, cooperation and generosity. We can still choose to be monogamous, but don't expect it to be easy as that choice collides with human biology. Fascinating, though the writing style is occasionally irritating, and I recommend it to all interested in our own evolution.

THE EDITOR

Ralph Hadden (Sydney 1990), Assistant Trainer (2012), practises in Melbourne. He is on the committee of the AFG(Vic) division and is the Victorian delegate to the National Council.

Cover: One of our new images, photographer Louise Whelan.

ABOUT FELDENKRAIS AUSTRALIA

Feldenkrais Australia is the journal of the Australian Feldenkrais Guild Inc (AFG Inc) and is intended for AFG Inc members and registrants. Content is copyright © 2013 by AFG Inc. The Feldenkrais Australia journal is mostly made available to members via the internet, with some members receiving a hard copy, at their request. The journal appears approximately twice a year. Next issue is planned for October 2013; deadline for material: 31st August 2013.

The theme for the next issue is Vision.
Contributions are invited, on this or any other topic.

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LETTERS TO THE EDITOR

Extracts from feedback received:

...it's exceptionally good. The quality, professionalism, high visual and design standards coupled with well informed, relevant writing, made it a joy to read and evokes within me a sense of pride that I'm on my way to being associated with the profession and the guild which produced it...and as an Australian art collector, the Tim Storrier is a wonderful, evocative image, that gives life to David's words.

Alyson Schoer, Brisbane 3 trainee and student representative on AFG(NSW division) Inc committee.

...just wanted to say what a great job you've done on the first National Newsletter. It looks really good, was very easy to read and I was drawn into reading it straight away, even without an iPad! Let's hope that the community get behind it and contribute lots of things...

Debbie Mason, treasurer AFG Inc National Council and now a Feldy in Alice Springs.

ADVERTISING RATES

	MEMBER	NON MEMBER	NON PRACTITIONER
Full page:	\$150	\$250	\$300
Half page:	\$80	\$150	\$200
Quarter page:	\$50	\$75	\$100
Business card size	\$30	\$60	\$75

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GOINGS ON

AUSTAB NEWS

Susan Hillier (Melbourne 1991), South Australian Feldy, has been certified as a Feldenkrais trainer. Congratulations Susan, and best wishes for your future role.

THANKS HOLLY

AFG National Council met in Melbourne in April for a weekend of committee work. While we were gathered there was an informal dinner party, with some extra guests, to say thank you to our outgoing president, Holly Huon, for her many years of valuable work for the guild.



Farewell dinner, L to R: Michael Cann, Lexine Anastasios, Caroline Voogd, Eric Kiernan, Deb Mason, Yvonne Wilcox, Julia Broome, Holly, Stephen Grant and a bit of Lisa Campbell.
Photo by Ralph Hadden.



Afternoon tea at National Council meeting, L to R: Liz Carey, Deb Mason, David Hall, Eric Kiernan, Yvonne Wilcox. Note obligatory butchers paper. Photo by Ralph Hadden.

PAIN WEEK - 22-28 July 2013

By Ralph Hadden

Many Feldies put on pain workshops and events to coincide with National Pain Week (NPW) in 2012, and there were workshops by the Pain Team to help Feldies develop their knowledge and skills to help clients in pain. Personally I was a little disappointed with the support from Chronic Pain Australia last year, with my workshop only being listed a few days before it ran - apparently teething problems with their website.

Lisa Campbell is currently liaising with Chronic Pain Australia on our behalf, re our level of involvement this year. Whether or not the AFG becomes an official sponsor of NPW 2013, it's still a great idea to run a workshop or other event during NPW. Events will be listed on the AFG website and it's a good opportunity to promote your own practice as well as the Method.

I'll try it again this year and I suggest you do too, as a way of encouraging the use of Feldenkrais as a valuable tool in pain management.

Chronic Pain Australia link:

<http://www.chronicpinaustralia.org.au>

Watch out for email updates from the Pain Team, and feel free to discuss ideas with your local pain rep volunteer:

NSW - Andrea Shadeberg:

andreshadeberg@bigpond.com

QLD - Mary Lefebvre:

mary@lefebvre.com.au

SA - Jane Searle:

janesearle@gmail.com

VIC - Lisa Campbell:

lisa@baysidefeldenkrais.com.au

WA - Sandy Mata:

sandra_d_mata@hotmail.com

FILL THIS SPACE!

This journal is a space for you to fill with tales, thoughts and experiences to enliven and challenge our community.

Do you have ideas for invigorating content?
Can you contribute?

We are actively seeking your input, and would love to hear from you.

If you've got content or if you have an idea you would like to explore and need support to bring your vision to reality, drop me a line at michael@feelingsense.com.au. I'd love to hear from you!

Michael Cann,
Copy Editor

HELP FIND THE FAT BABY!

By Michael Cann

Michael is very keen to build the success of Feldy practitioners and to this end has offered his skills and energy to the Guild to run the webinars described below. He is also copy editor for this journal (see ad on page 2). Michael is a trainee in Melbourne 4 and will be graduating later this year (all going well). But Michael hasn't waited for graduation to start building a practice. He has hit the ground running and is offering classes and workshops in Melbourne for various groups. In particular, having become a new father last year, he has exploited his own experiences to run classes and Feldy playgroups for parents, grandparents and babies. RAH.

I have a friend who has a background in international development. In speaking about infant mortality, he told me about how important it is to find the fat babies in a given community, learn what their carers are doing, and then use them as a role model for others in their communities. He would contrast this with the all-too-common approach of having a group of bureaucrats decide on their preferred approach from

an office in Australia, and attempt to persuade the locals into their way of thinking.

This is analogous to a Feldenkrais Practitioner establishing a referral network from scratch. You could sit in your studio and try to invent the best way to persuade someone like a doctor to refer people to you. Or, you could find doctors who already refer to Feldies, and ask them for advice.

We are setting up Fat Baby Forums for the Feldenkrais community so that we can pick the brains of people from other professions (e.g. GPs, rheumatologists, neurologists, speech pathologists, psychologists) who appreciate what the Feldenkrais Method can do for their patients and clients. Here is how it will work:

- We ask you to identify Fat Baby Professionals who refer to you
- We offer to pay them to speak to us in an online teleconference (known as a webinar)
- We all join the discussion by phoning in, or by logging in on a computer

- A facilitator asks them a few prepared questions, then the floor is thrown open for you to ask your own questions
- The discussion is recorded so that people who can't attend can still benefit
- We all get to understand how people in other professions talk about Feldenkrais and how it is relevant to them.

So, we need you to tell us: do you have a special relationship with a referrer who might be willing to speak to the community of Australian Feldenkrais Practitioners?

Send your ideas for Fat Baby Professionals to **michael@feelingsense.com.au**. We will collate ideas before contacting anyone, and we will not contact your referrers without first agreeing with you on an appropriate approach. ■

FEATURES

NEW IMAGES: OURS TO USE

By Ralph Hadden

David Hall has coordinated the project to produce a marvellous new set of photos for marketing our method. In the last issue of Feldenkrais Australia (November last year) David strongly argued there was a need for a new way to present ourselves to the world (or new ways). David's article, Re-Imagining Our Culture attracted a great deal of interest in the Feldenkrais community, locally and worldwide. Larry Goldfarb asked to provide a link to the article in his popular blog and the IFF has expressed interest. I think many would agree there has been a need for a better, more attractive representation of the Feldenkrais Method®. AFG Inc people have been moving this project forward for several years, including Nicola Ohly-Smith, the previous Communications portfolio holder, who did valuable groundwork, making this next step possible.

Also our blue swirl brochure had reached its use-by date. AFG NSW division took on the job of producing a new brochure and provided the funding for a photo

shoot. David engaged a professional photographer, carefully designed the setting and arranged a set of volunteer subjects and teachers (including Feldies Eva Culek, Lyn Kennedy and trainee Sarah Taylor).

The 65 photos, including the ones on this page and the cover pic, are now available for you to use.



Image © Louise Whelan

NEW IMAGES: OURS TO USE *By Ralph Hadden*

AFG members can download them from the AFG website and use them in their fliers, websites and other promotional material. Just go to the members section and click on the business centre. Click on 'Promotional photos'. The photographer owns the copyright on the images and we have exclusive rights for usage. When you use an image on your website, leaflets or stationery, please include copyright statement 'image © Louise Whelan'. If you have any questions about either accessing or using the photos you can contact David, Liz Carey or Maria Yebra (see below).

Up till now we have only had available for our use photos from the Feldenkrais Guild of North America. But these new photos are much more attractive, I believe (go Aussies!) The IFF may be requesting that these photos be made available to the international Feldenkrais profession. I'm currently overhauling my own website and I'll be using a selection of these images to help give a visual explanation of what I do. Well done David (and all involved), I think you've done a great job, and a great service to our members! What do you think? Send your feedback to me, or to the chat forum The Delineation of Culture on the AFG website: <http://www.feldenkrais.org.au/forum/general-discussion/delineation-culture>

David says this is one step in a continuing process. This set of photos targets the Yoga / Pilates demographic, people who will find Feldenkrais suits very well their interests and needs for activity,

mindfulness, relaxation and improved movement. Other photo shoots will follow, targeting other groups. (Any suggestions? Performers, rehabilitation patients, tradespeople?)



NEW IMAGES: OURS TO USE *By Ralph Hadden*

Brochures.

David and the NSW division have produced two new brochures (using the new photos) which will be made available to AFG members to purchase. Samples of these brochures have already been mailed to all members and students, with a letter from David. The letter introduces the new photos, the brochures and details how to obtain them. (Didn't receive a letter? Is your membership paid up? Does AFG have your current address? Contact Liz Carey, below, to remedy)

Briefly repeating the information in the letter: you can purchase the brochures by contacting Jacqueline Farrar at rfarrar@bigpond.net.au or call **02 9460 0524**. \$25 for 100 brochures, plus \$15 postage. ■

Contacts:

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database@feldenkrais.org.au

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webadmin2@feldenkrais.org.au

David Hall: 0404 625 326,
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*All Images on these pages
© Louise Whelan*



MAX: A CASE STUDY.

By Zoran Kovich

Zoran Kovich (Melbourne 1991) completed a masters degree in cognitive science in 1995. Zoran began working in trainings in 2000 and became an assistant trainer in 2004. From 1990 to 2009 he taught Feldenkrais-based courses in university performing arts programs. Zoran maintains a practice in Sydney. RAH.

A very tall, thin man in his late fifties, Max has a quiet, retiring disposition juxtaposed with a quirky sense of humour. Unmarried, he works as a university lecturer and enjoys what he does. A year or so before seeing me, Max underwent surgery for a lower abdominal hernia. His request was to be able to stand better. After surgery he had noticed a change in the way he stood. He felt less secure on his feet. When looking at himself in a mirror, standing side-on to it, he could see himself leaning backwards from the waist up, and that he had developed, in his words, a 'paunch'.

Max reported he had been doing Iyengar yoga for many years, and that after surgery he used his yoga practice as a means of recovery. A few months before he knew he needed surgery, Max had attended "a few" Feldenkrais group classes and found them 'very interesting'. "So, here I am!" Max said, lightly bouncing on his heels and with a tint of a smile on his face.

Observing Max standing, his torso was indeed leaning backwards from the waist up, and his lower abdomen was a bit 'paunchy' but not excessively. His torso was rotated a little to his left, however he appeared to be standing equally over both legs. I asked Max if I could use my hands to feel how he stands and moves. Max agreed. Standing behind him I felt for the degree of activity of his trunk flexor and extensor muscles. The muscles of his upper abdomen were engaged and working, but not overly so. His lower abdominal muscles felt significantly less engaged, almost lax. The extensor muscles of his lower and middle back were active but not to the degree that they were pulling him backwards and downwards.

Still standing behind Max, I placed my hands around his hip bones, and moved his pelvis minutely, slowly, feeling for his willingness to move in each of the four cardinal directions. All cardinal directions were equally available to Max. He did not 'fall-into' any of these directions. Instead he followed me smoothly, stopping when I stopped, and changing direction when I changed direction. I then repeated the same process holding Max's head. A different scenario emerged. Side-to-side he responded in the same way as when I had moved him from the pelvis. However, forward-and-backward I sensed hesitancy -- a time lag between my tactual communication for him to move/stop-moving/change direction and his response. Also, when



moving backwards from his 'neutral', I could feel a tendency to accelerate, to fall-into the movement, rather than steadily follow.

I asked Max to tell me more about how he felt when standing. He explained it wasn't so much that he felt giddy or unable to maintain balance, it was more a general sense of unsureness. When did these feelings manifest? Max thought for a moment, and then

replied. He did not feel unsure of his standing when he was occupied with something. For instance, when doing standing yoga asanas he felt sure of himself. It was when he was generally just 'standing around' that he felt unsure. I asked Max to feel for whether his standing, at that moment, felt 'sure' or 'unsure'. He felt unsure.

I then asked Max to do a simple standing yoga asana in which he knew he always felt sure. Max's demeanour changed as he prepared himself, and then moved into "Urdhva Hastasana" the volcano pose. Max moved his head and trunk forward over his pelvis. His arms, positioned opposite his ears, pointed arrow-like to the ceiling, and his 'little paunch' was non-existent. Using my hands again I felt the extensor and flexor muscles of his torso. The muscles of his abdomen -- both upper and lower -- felt firm to touch, but not rigid. The same was true of his back muscles. I asked Max if he could remain in this pose a moment whilst I moved him like before.

Once again, Max was able to move steadily, smoothly and with equal ease in four cardinal directions when I moved him from his pelvis. He was now able to do the same when I moved him holding his head. Through this yoga pose Max organised himself so that his head/

torso and pelvis/legs were 'connected', something he did not do so well when 'standing around'. For a while Max and I repeated the process -- Max simply standing, and then standing in the volcano pose. I asked Max to intentionally notice what was different when I moved him in his two different modes of standing.

Standing can be considered a way of maintaining our orientation to fundamental forces and features of the physical world, such as gravity, horizon, sky, ground, etc. Standing can also be a posture we maintain in the act of scanning the environment for affordances -- "Where's the coffee?".

It can also be a posture maintained when playing - a simple child's game of statues perhaps, or doing a 'volcano pose'. Standing is always embedded, and regulated, in reference

to the situation and task at hand. This is a reason for Max's 'standing around' being so different from his yoga stance. This is the reason why standing on board ship, in rolling seas, is different to standing at a rock concert listening to your favourite song performed

by your favourite band, surrounded by your best friends. Standing is a posture (which in itself is a set of movement relationships) we maintain to do the act at hand. Sometimes the act is standing for the sake of standing - but that's the exception, not the rule.

Max reported noticing the 'disconnection' between his upper and lower body when simply standing. As we talked he said the physical intent of the volcano pose was to connect upper and lower halves of the body, and then proceeded to conceptually analyse what he was probably not doing when just 'standing

around', all the while gesticulating and moving himself. I could see and hear that Max was engaged and ready to explore further.

Observing Max lying on the table on his back with his legs extended, I could not help notice how 'flat' to the table he looked. The spaces between himself and the table were quite small, and unpronounced. The plane of his face was parallel to the ceiling. His pelvis was not rolled left nor right. His right shoulder and front of chest were slightly

Standing can be considered a way of maintaining our orientation to fundamental forces and features of the physical world

higher than his left -- consistent with his trunk rotation to the left when standing. Placing my hands on Max's hip bones, and slowly, minimally, rolling his pelvis head-ward and foot-ward, I asked him to feel for which direction of motion felt easiest. Foot-ward felt easier for Max. Still rolling Max's pelvis, I extended my attention to feel for the involvement of his spine and legs. His spine followed, yielded freely when rolling Max's pelvis foot-ward, but not so easily in a head-wards direction. Both Max's hip joints folded and unfolded freely. I asked Max to bend both his legs and stand the soles of his feet on the table, and then rolled his pelvis once again. The same tendencies appeared as before, as they did again when Max moved his pelvis.

What was hampering Max's movement when he rolled his pelvis head-wards? Was it structural -- an insufficiency in the joints and tissues of the spine and rib cage? Was it muscular -- insufficient strength in the abdominal muscles? Was it coordinative -- lack of cooperation between trunk flexors and extensors?

Was it emotional -- fear of over-tensing his abdominal muscles in lieu of his hernia operation?

First, I asked Max to lightly hold his knees with his hands, then to bend his elbows and direct them

towards the table -- all the while maintaining the hold on his knees. I observed Max. As he moved his legs the hip joints flexed and the pelvis rolled freely, enabling his lower back to fully contact the table. It did not appear to be a matter of structural limitation. Second, I asked Max to bend his legs and place his feet on the table, and then to lift his head using his hands placed behind his head. As he lifted his head I observed the ease with which the rib cage folded. Placing my hands on his rib cage I felt the ribs in front moving together like the folds in a concertina, and those at back fanning apart. Using my hands I felt for the quality of Max's movement -- whether there was any hint of extraneous effort resulting from mis-coordination between the flexor and extensor muscles of his torso. Max moved fluidly. The higher he lifted his head the more his rib cage folded, and lower back leaned into the table. It did not appear to be a matter of poor flexor-extensor coordination. Third, I asked Max to expand (push-out) and draw-in his abdomen. This he did without hesitation. The volume of movement in his upper belly was quite extensive, but it was far less in his lower abdomen. I lightly placed my fingers on Max's lower abdomen as a tactual cue, but this did not make a difference. I then asked him to move away from, and push away, my fingers with his lower abdomen. This

made a small, but not too significant difference. Could Max's reduced ability to bring this part of himself into action be contributing to his trouble.

I asked Max to rest whilst I thought of where to go next.

I wanted Max to succeed. To ensure this I had to find something to do with him that connected with what he could already do well -- something he was already successful at doing. The image of Max standing securely, confidently in the volcano pose was still vivid in my mind. A few moments later, notions of apes and mountain climbers hanging from the hands/arms, and the bodily organisation necessary for brachiating began to swim around in my mind. Use of the arms to pull and suspend oneself when brachiating is strongly connected with use of the trunk muscles and deep flexors of the hip. I thought of how I might use this pattern of action to assist Max's experience of (a) a fuller use of himself in the area of the lower abdomen, and (b) a stronger connection between upper and lower body when standing simply.





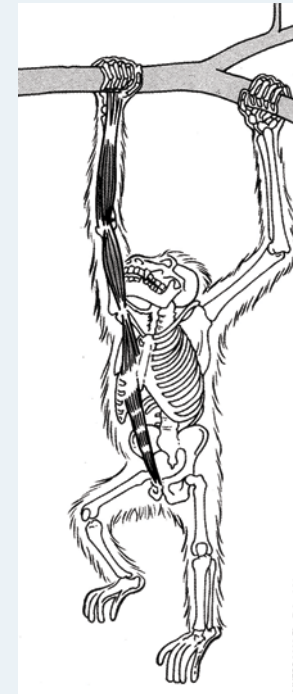
Max had extended both legs to rest. I stood to Max's left, and configured his left arm so the elbow rested on the table away from his torso, with the elbow bent and forearm perpendicular, the hand in line with the forearm, palm loosely directed towards his midline. Using a very soft, open 'monkey-grip' hand position, I placed the pads of my four left hand fingers against the finger-pads of Max's half-open left hand.

I then asked Max to lift his left elbow/arm from the table using only his fingers. What I thought to be a relatively simple act, turned out to be a coordination that required many repetitions for Max to refine. I verbally guided Max until I felt he was lifting his arm primarily through the flexing of his four fingers. We then proceeded to make lifting of the arm smaller through increasingly smaller, more delicate, finger movements. In the back of my mind I was still considering the possibility that Max feared over

contracting his abdomen due to his hernia operation, and I was setting the scene now for what might come later. I then explored the same process with Max's right hand. In the first repetition it became clear that this was Max's 'competent' hand/arm (perhaps a reason for his right shoulder/torso to be more forward).

Still holding Max's right hand, I moved his arm to a position above his head, as if he were using the arm to brachiate. Max's right arm was now suspended between his right shoulder and the places of contact between our finger-pads. I asked him to bend his left leg and lift his foot from the table, leaving his right leg extended. As he bent and lifted his left leg, I felt him gently pulling on my right fingertips. With his more 'competent' arm we repeated the same finger-flexing process as we had done a few moments ago.

Something quite different happened to before. Instead of a differentiated use of the fingers, flexing his fingers now invoked the involvement of his arm, and chest -- it was as if he were bending his elbow and shoulder to pull me towards him. His thigh and pelvis also moved -- his knee moving closer to his torso and pelvis moving head-wards. I encouraged Max to gradually do less and less, until once again he was able to flex his fingers in order to pull. The global pattern of action



remained, it was now subtler, more refined. I watched as his arm, chest, abdomen, pelvis and leg moved synergistically with every small pull of his fingers. Such synergy is reflected structurally in terms of lines of fascial connection. For a few moments we explored Max's arm position, looking for the place, and rotation of the arm and forearm, where the smallest pull triggered the clearest connection from his hand through to his leg.

We then explored the same idea with Max's left arm. Max had already expressed his surprise at how a small movement of the fingers could bring to life the rest of himself. However, despite his appreciation of what he had experienced, it took a while to create a similar experience with his left arm. It was only after I asked

Max to intentionally 'swing' his right thigh -- a small amount -- towards his head that a clear, synergetic connection was established from the fingers of his left hand across his trunk to the right leg. Additionally, the position of Max's left arm, relative to his head and torso, was quite different to his right in order for the same effect to be created.

Both Max and I paused for a few moments, in silence, and then proceeded.

Both Max's arms were now suspended above his head, his eight finger-pads pressing onto mine. I imagined him hanging from a branch with both arms, the branch way too big for him to wrap his fingers around. I then asked Max to bend both legs, and lift both feet from the floor. From this position Max flexed the fingers of both hands together. As he did I adjusted the position of his arms until both he and I felt that the smallest pull of the fingers triggered movement in his thighs and pelvis. We varied the speed of his finger-flexing, slow, to fast, retuning to slow, observing how his legs and hips oscillated in synchrony. A little rest, then back to playing, this time alternating pulling with the four fingers of one hand then the other. Like pendulums, first one thigh swung closer to his chest then the other, always the opposite thigh to hand. Finally, we returned to Max flexing the



fingers of both hands, but this time he was to feel for when his legs and pelvis become involved and then actively, intentionally move them proportionally to the degree of pull he exerted with his fingers. Max was getting very good at playing this game. He was indeed succeeding. We were on track.

Another pause, this time longer, again in silence.

Returning to Max's pelvis, I placed my hands on his hip bones, and rolled it foot-wards and head-wards. Equally easy, both directions -- a change.

Holding Max's head in my hands, his legs bent with feet on the table, I asked him to slowly tilt his legs side-to-side, a small amount, feeling for which direction was easiest. "Left.", he said. I then described how he was to slowly roll to his left side and come up to sitting, all the while allowing me to carry the weight of his head. After a few 'false-starts', with Max lifting his head out from my hands, he arrived sitting upright, with his feet on the floor. His torso was not leaning backwards. I climbed up onto the table and stood behind Max, asking him to raise his arms above his head and hold my fingers like before. This he did

without fuss. A few times he flexed the fingers of both hands. "Feel for what happens in your legs, pelvis, and lower abdomen." I suggested. This he did, and reported his legs wanting to lift and a feeling of shortening in his lower abdomen. "Does it feel okay?" I asked. Max did not reply immediately. After a while he said it felt fine.

I got down from the table, and Max stood up. He was standing quite differently - like he stood in the volcano pose, only his arms were down. Did he notice the difference? Again, I stood behind Max, held his hips, and moved him -- via his pelvis -- in four cardinal directions. No change. As before, easy, smooth, and sure in all directions. Then I moved Max from his head. No sooner had I felt the difference through my hands that Max exclaimed, "That's a lot different to before! I feel where you're asking me to go in all directions." I lowered my hands, and stood facing Max. His torso was upright, not leaning backwards. "How does standing simply feel like now?" I asked.

"It feels like this." Max said, raising his arms overhead and assuming "Urdhva Hastasana". I knew what he meant. Lowering his arms Max maintained the uprightness in his torso. "That will do nicely." he said beaming. I beamed a big smile back at him. Max was satisfied. ■



WHY OLDER PEOPLE SHOULD GET FLOORED EVERY DAY!

By Madeleine Edgar

*Madeleine (Brisbane 1993)
physiotherapist, Certified
Feldenkrais Practitioner and*

*Fellow of the AFG Inc, practises in Coombabah, QLD
and has published two simple introductory workbooks
about the Feldenkrais Method® including an e-book
available on CD. Below is a sample of how she
encourages older people to get down on the floor more
regularly. I thought it was worth reproducing as another
example of how to usefully present our method. RAH.*

We function as we imagine, not as we are,
Moshe Feldenkrais.

There are 2 very good reasons why we should sit on
the floor for a few minutes each day.

The first is because we need to keep this ability. If we
lose it we become too scared to do it and we then have
a fear of falling. If we continue or relearn how to do it,
it's no big deal, just part of daily life and we can feel
more confidence in ourselves because we know how
to get up again.

The second reason is that if we sit on the floor cross
legged or side sitting, we use our hips in a natural way.
We open them out and the tissues around the hip joint
are more flexible. This means that if we fall, it is less
likely that we will break a hip as the tissues are more
flexible and can absorb the shock. If we don't sit on
the floor the tissues around the hip are tight and can't
absorb the shock and the bone is more likely to break!
Sitting in chairs is a problem for us because the tissues
around the hips are shortened and tightened, often for
long periods of time.

The ground is where we were designed to sit. You only
have to look at indigenous people to see how naturally
they sit and squat. Sitting on the floor gives us a much
better sense of the functions of the hip and lower back,
how each co-operates with the other. It also uses more
of the large natural range of the hip joint.

As we get older there is a tendency to limit our
activities, partly because society expects us to, and
partly because our joints may get stiffer through disuse

(use it or lose it!) This attitude prevents us from getting
down to the floor (and up again) and then we become
afraid of falling! If you are unable to get down on the
floor for physical reasons, you can at least sit like this
on your bed. A recent study in Brazil reported in the
European Journal of Preventive Cardiology, Nov. 1,
2012, indicated that the ability to get up and down
from the floor with the support of one hand, or better
still without using your hands, was a good predictor
of our chance of surviving into old age. In other
words a well-organized body at all ages is important
to maintain that ability. Please do keep up with a
range of different activities, even try some new ones.
Feldenkrais Classes, Yoga and Tai Chi all encourage
freedom in your hips. Contact your local Feldenkrais
practitioner to relearn these skills. ■

To contact Madeleine Edgar:

(07) 5529 5494

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www.marvellousmovement.com



SOME OF MY FAVORITE FELDENKRAIS JOKES

By Alan S. Questel

Alan (Amherst 1982) is well known to Australian Feldies, having played a role in many of our trainings as an Assistant Trainer, Trainer and eventually Educational Director. He has also taught in and directed many trainings around the world and writes regularly about our work (see Balance in FGNA journal 2011). In the early days of our acquaintance with him he gained a reputation, and much affection, as being always full of fun, mischief and as the teller of many jokes. But there's more to Alan than just telling jokes. He's also greatly respected for his serious and very intelligent understanding of the Feldenkrais Method® and the training of practitioners. In recent years people have grown to appreciate these aspects of Alan more. Fortunately he still retains his sense of fun, but he's refined it and harmonized it with his serious side. His article on humour in the 2012 FGNA journal was, perhaps, his way of coming to terms with these contrasting attributes of his personality. Below, and scattered through this journal, are some examples of his favourite jokes. RAH.

While writing my somewhat dry article for the 2012 FGNA journal, Humor...What's Funny and What Isn't, it felt so 'not funny' I had to take a break from it and write this other piece that's just jokes!

Some of them were published along with the original article in the FGNA Journal.

If you have already read my article then this is a little bonus and if you haven't read it maybe this is an encouragement to go back to the journal and read it. [FGNA journals, 2012 and 2013 editions, will be mailed out to AFG members in a few months time. RAH] You can figure out 'at whose expense' they are. And trust me, they are much funnier when told in the right context.

(And...of course...apologies in advance if you don't think they are funny...)

72. The cup half empty...

A 3-year-old child is playing on the beach when a gigantic wave comes sweeping in and hurls the child out to sea. The mother rushes down to the shore and starts screaming, 'Dear God! Give me back my child! He's a baby, an innocent! PLEASE! GIVE ME BACK MY BABY!!! Another huge wave comes sweeping in and drops the child and leaves him playing like nothing happened. The mother looks at the child and then up to the heavens and pointing at the child she says, 'He had a hat...!!!!'

38. The Rolfer and the Feldenkrais Practitioner

There's a Rolfer and a Feldenkrais Practitioner in the men's room urinating...the Feldenkrais Practitioner finishes and starts to walk out of the bathroom. The Rolfer says, 'Hey, Ida Rolf taught us to wash our hands after we urinate...the Feldenkrais Practitioner looks back and says, 'Moshe Feldenkrais taught us how not to pee on our hands!'

27. Reversibility and Moshe's famous quote

Moshe on reversibility...making the impossible possible, the possible easy and the easy elegant... and...the impossible difficult, the difficult treacherous and the treacherous deadly...

104. Choice

Feldenkrais and Milton Erikson were talking about the human capacity for choice. Moshe said, 'For example, most people don't know there are 70 different positions for a man and woman to make love in'. Erikson said, 'That's right...most people only think the man on top and the woman on the bottom'. Moshe slapped his forehead and said, '71!!!'

(More of Alan's jokes can be found on other pages of this journal. RAH.)

SOCIAL LEARNING

I noticed this in the New York Review of Books, December 8, 2011, part of a review of Mothers and Others, The Evolutionary Origins of Mutual Understanding by Sarah Blaffer Hrdy Belknap Press/Harvard University Press. I envy these infants their rich tactile and social experiences. RAH.

Yet even the closest mother-infant relationships are embedded in a dense social environment, as in this description of !Kung hunter-gatherer infants in Botswana, which Hrdy quotes

"From their position on the mother's hip they have available to them her entire social world.... When the mother is standing, the infant's face is just at the eye-level of desperately maternal 10- to 12-year-old girls who frequently approach and initiate brief, intense, face-to-face interactions, including mutual smiling and vocalization. When not in the sling they are passed from hand to hand around a fire for similar interactions with one adult or child after another.

They are kissed on their faces, bellies, genitals, sung to, bounced, entertained, encouraged, even addressed at length in conversational tones long before they can understand words."

Melvin Konner, "Aspects of the Developmental Ethology of a Foraging People," in Ethological Studies of Child Behavior, edited by N.G.B. Jones (Cambridge University Press, 1972).

EXPRESSIONS OF INTEREST SOUGHT

National Public Relations Coordinator

Grants Project Coordinator

The AFG seeks expressions of interest from members for the roles of National PR Coordinator and Grants Project Coordinator. If you have experience in either of these arenas and are keen to further the Feldenkrais Method in Australia, please email **Liz Carey** at the AFG office

afg@feldenkrais.org.au for more information.

REPORTS

RESTRUCTURE To Change or not to change (our Aussie Guild structure) that is our question!

By Julia Broome, Eric Kiernan, Lesley McLennan



A report from the team formed at the Melbourne Forum to examine overhauling the structure of our guild. Julia (Sydney 1997) practises in Melbourne, specializing in treating people with chronic pain or neurological problems. Eric (Melbourne 2008) is national president of the AFG. He practises in Queensland, combining Feldenkrais with Aikido and Voice Dialogue. Lesley (Melbourne 1991) practises in Queensland and was one of the leading organizers of the 2011 Brisbane Symposium. I'm very pleased to publish their report and I look forward to changes emerging-I believe (expressing a personal opinion here) our current structure of one national committee and 5 divisional ones is just too much governance for the size of our membership. The worthy people who serve on all the guild committees are having to work within an awkward, top heavy format. We could make better use of these good people's time and energy. RAH.

RESTRUCTURE: To Change or not to change *By Julia Broome, Eric Kiernan, Lesley McLennan*

The Forum held in January 2012 in Melbourne and Council asked us to consider options for restructuring the AFG. The aim of this paper is to ask you to think about your relationship with the AFG, and how effectively you believe the AFG is working in comparison with how you might dream it could work.

Structure is not the answer

The essential point with a discussion of structure is that a particular structure is neither good nor bad in itself. Organisations exist to achieve goals. Structure can only be evaluated on the basis of how it supports goal achievement. Structures do not achieve goals. People achieve goals and structures help them.

And people achieve goals best when they work harmoniously with other people and experience joy, energy and curiosity. That is, they are living out their avowed and unavowed dreams.

So the challenge we face in our Feldenkrais Community is not necessarily a structural issue, although the wise choice of structure can assist us to focus on our own collective fulfillment. The essential task is to be very clear about our collective intention and ensure everything we do is mono-motivated to actualise it.

The AFG mission is to realise the potential of the Feldenkrais Method. The key question is which structure will support that mission best.

So what is the structural problem?

Inappropriate structures constrain our actions, diminish the linkage through the system, make goal achievement much harder than it really is and reduce the sense of fulfillment we get from our collective interactions around Feldenkrais.

The structural form we use most is the Incorporated Association. Incorporated Associations are essentially an Australian invention and we just love to set them up. Many groups that start with energy and optimism set up an "Inc" as the first step and it leads them into excessive bureaucracy and unimaginative processes.

AFG has six Inc's; that's one Inc for about 40 members. NSW has two Inc's. So six Presidents, six Treasurers, six Secretaries. Five libraries and five librarians. And in financial terms we are about as big as a corner store!

Our present structure requires us to spend too much time in Association business, activities that the various Departments of Fair Trading around the country think

are useful, and not enough in organisation business, activities that help achieve our mission.

We start out by lightly putting on the clothes of President, Treasurer, Secretary, Public Officer etc and wake up one day to find that we have identified with these officious roles. The great difficulty is that we may not even realize we have adopted new habits.

How do we know when we are off-track?

One of the instructions from the Forum was to use Feldenkrais principles in our discussion of structure.

There are key observations that tell us we are off-track. There is a heaviness in what we do, soulless, parasitic tasks that have little connection to our dreams and intentions, much effort and little curiosity. And people disengage (the load is not spread across the system). It may be wisdom to disengage. Tasks that have little functional significance are boring and life is too short.

On the other hand, when we are doing what we joined up to do there is passion, spontaneity and energy, there is no disengagement at all. A good Advanced Training gets people travelling from all over Australia to get some of the good stuff. An enlivening Symposium does the same thing – with huge engagement.

Protecting regional interests is very important. There is evidence from Germany that regions with a small membership can work and regions with a small membership might not work but regions with a large membership definitely do not work

Another thing about disengagement. Our own structure, which is very administration-intensive, has brought forth an extraordinary amount of volunteering. Australia has the reputation of being the world leader in voluntary participation and it is no more clearly evident than in the operation of the AFG.

Why not harness this engagement for projects that entail more direct engagement in the FM? If we can make the transition to an administration-lite model our cultural capacity for volunteering can lead to extraordinary growth and development.

What kind of structure do we need?

A clear line of sight is essential: from the work we do to the goals we wish to achieve. This is the equivalent to clear kinematic linkage of an organised human system. In our current structure the clear transmission is lost as State Divisions, Council and members have separated from one another. While we need differentiation to precede integration, we actually experience dissociation and separation. There are too few functional connections. The model of a core and limbs that work together, coordinated by the equivalent of a CNS has been lost. We need to get it back.

How will we know when we are back on track?

We will know we are improving when operations are simpler, less rule-bound, lighter, easier, more pleasant and less effortful.

Some simpler structures

The rest of the Feldenkais world has a different structure. We looked at FGNA and FVD in Germany. While there are some differences there is a huge common foundation. There is one organisation. Regional interests are ensured by regional representation (and in FGNA a regional council) that dovetails into the single national organisation. In Germany a national assembly sets direction, strategy and budgets.

Protecting regional interests is very important. There is evidence from Germany that regions with a small membership can work and regions with a small membership might not work but regions with a large membership definitely do not work. 'Work' in this context means active participation. So small is necessary but not sufficient for effectiveness.

There is a subtle point here. While the Feldenkrais Guild is a community of purpose (that's why it's easy to agree on a single, simple mission) we human

Feldenkrais practitioners also need communities of place. Communities of place are especially important when people are sole traders. The everyday collegiality is essential. It's important to meet regularly. It's just better to meet around Feldenkrais activities rather than audits or business arising.

Such a structure (FGNA/FVD) can inform structural change in Australia if we wish.

But as we said structure is not the whole answer. It is quite easy to have a parsimonious structure and still get and poor working relationships and disappointing results.

In Conclusion

Our small group was asked to come up with options for restructuring which could be put to a forum of Guild members. In our detailed formal report, we canvas options such as:

- Don't change.
- Disincorporate AFG Inc (our National Council) leaving 5 Divisions, and have an annual assembly.
- Disincorporate the 5 divisions leaving the central AFG with regional groups and sub-bank accounts.

It is our opinion that, in principle, we should aim for the model of a core and limbs that work together, coordinated by the equivalent of a CNS. Where the core is National AFG (with the specialised organs such as the AusTAB), the limbs are units (regional and project-based) that self generate projects which inspire local commitment, and the CNS is the clear lines of communications we must always maintain.

With such a framework it will be possible to abolish State Divisions without any loss of autonomy

There are no barriers to shifting with relative ease and comfort to the above model, once collective intention is clear. Our intention is to stimulate thought and ACTION. We invite you to comment, discuss and indicate your preference for re-structuring (or not)- please go to the online forum and have your say. ■

To post a comment on this paper please go to
<http://www.feldenkrais.org.au/forum/afg-restructure/afg-restructure-discussion-paper>

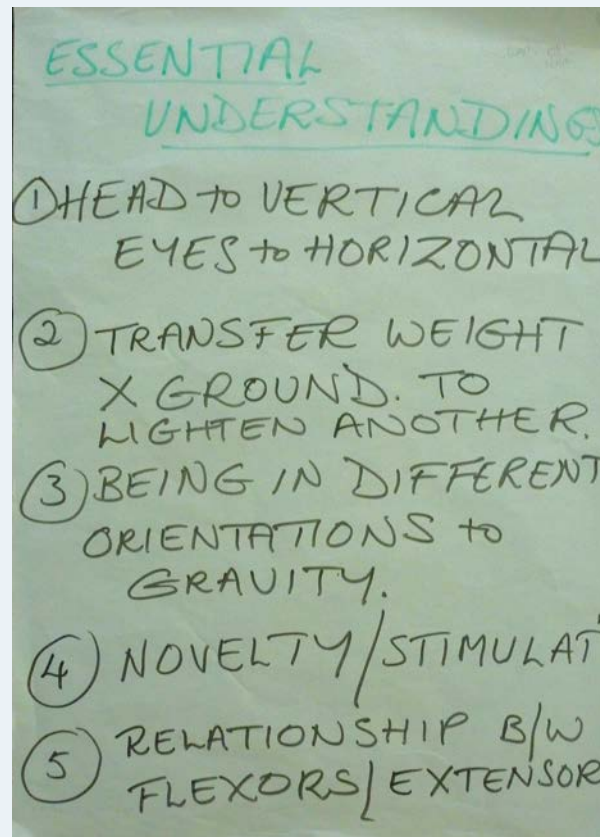
February 6 2013

**While there are some differences
there is a huge common foundation.
There is one organisation. Regional
interests are ensured by regional
representation that dovetails into the
single national organisation**

TEACHING FI

By Ralph Hadden

Hosted by Glenice Hall and Jenni Evans of the Feldenkrais Institute of Australia, a group of assistant trainers met for a weekend in Box Hill last December. Led by Julie Peck (Sydney 1990) we workshopped the teaching of FI. Julie, as a trainer and educational director of several trainings, is constantly reviewing and reworking how FI is taught. She put us through our paces, strenuously thinking through what are the essentials to be conveyed. It was a fascinating exercise as we attempted to elicit, identify and explore the models and maps we reference in our practice of FI. ■



The first of several butchers paper lists we made as we brainstormed the Essential Understandings needed for doing FI.



Observing L to R: Ruth Frommer, Zoran Kovich, David Hall, Tanya Saxon; at the table: Julie Peck, Ralph Hadden, Janet Auret



Julie, Janet, Zoran, David, Ralph, Tanya, Jenni Evans.

FEDERAL GOVERNMENT REVIEW OF PRIVATE HEALTH INSURANCE REBATE AND ITS IMPORTANCE TO FELDENKRAIS PRACTITIONERS

By Liz Carey

The Federal Government called for a review of the Private Health Insurance Rebate paid for insurance products that cover natural therapy services. The Feldenkrais Method falls into this category along with Pilates, Alexander Technique, Hypnotherapy, Naturopathy, Tai Chi, Yoga, the many massage therapies and more.

The review, conducted by the Chief Medical Officer of the Department of Health and Ageing seeks to identify which natural therapy services are underpinned by a robust evidence base and are clinically effective.

As the representative body for the Feldenkrais Method, the AFG prepared a detailed submission with emphasis on research outcomes. The key points of the submission were presented to the Advisory Committee in Canberra on 1 May 2013 by recently certified Feldenkrais Trainer, Associate Professor Susan Hillier and AFG Research Delegate, Karol Connors.

So, how did it go and why is this important to Feldenkrais practitioners? According to Karol Connors,

she thinks it went OK but it was hard to tell. The AFG presentation was second on the day with Karol attending in person, Susan via teleconference and with only ten minutes in which to highlight the key points.

Karol commented that the Committee gave most attention when 'research' was mentioned, and particularly when she mentioned the published article in UK Physiotherapy journal.

Karol continues... 'there were two questions - one asking if the research we mentioned was covered in the submission, which it was. The other question was about how much variability of practice there is between practitioners; how much do practitioners from different backgrounds vary what they do and still call it the Feldenkrais Method? (good question!). Susan answered well by saying that practitioners will vary what they do according to their client group - so turning the question around to being about meeting client needs. I added that the core of the Method is the hundreds of ATMs, and although these may vary a bit

in how they are taught from practitioner to practitioner, all practitioners are basically teaching their clients from the same material. Those answers seemed to satisfy them.

Professor Baggeley thanked us for a well organised and well presented contribution.'

So, why is this submission important? If the finding of the Advisory Committee is that the Feldenkrais Method does not meet the requirements of the review, then the current rebate available for the Feldenkrais Method from private health insurers will cease to be available to clients/students.

The Advisory Committee is scheduled to hand down its decision in September with any rebate changes expected to be implemented from 1 January 2014. After that time, insurers will pay benefits only for natural therapy services that have been found in the review to be clinically effective.

Keep your fingers crossed that the work of many practitioners over many years to find evidence for the Method has paid off. ■

For more information visit

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phi-natural-therapies>

ALAN'S FAVOURITES

17.,18., 19. & 20. Metatarsal Jokes

I never met-a-tarsal I didn't like...

Two metatarsals walked into a bar...the bartender asked 'Where are the rest of you guys?' 'Just a foot behind' they replied.

Two metatarsals walked into a bar and the bartender said, 'Hey, who's that heel behind you?'

What do metatarsals eat? Toe jam and toe cheese... but the healthy ones eat tofu.

What kind of car does a metatarsal drive?
A tow truck....

64. Challenged but looking good

A man is getting married and having his suit custom made. But it's not ready and not ready and not ready and finally on the day of his wedding he goes to pick it up. But when he puts on the pants, one leg is much longer than the other one. He says to the tailor, 'What do I do with this?' The tailor says, 'Look, just hold the pant leg up with your hand'. Then the man puts on the jacket and discovers that one sleeve is much longer than the other! 'And what do I do about this!?!' he says to the tailor.

The tailor says, 'Look just pull it up and hold it by the shoulder with your chin'. The man is furious and refuses to pay for the suit but has to get to his wedding. He hobbles out of the shop, his chin stuck to his shoulder to hold the sleeve, limping, holding the pant leg from the ground. Down the block are two old guys sitting on a bench. They see the groom shuffling down the street and one says, 'Gee, look at the poor guy...he is so crippled...'. And the other says, 'Yeah, but look at the suit...what a fit!'

115. Perspective

A man is completely overwhelmed with how crowded his house has become so he visits the rabbi for advice. 'Rabbi' he says, 'I can't stand it! My house is too small and so crowded...I have my children and my parents and my wife's parents and her grandparents and my aunt...it's all just too much! The rabbi thinks for a while and asks him, 'Do you have any chickens?' 'Of course' the man replies. 'Bring all the chickens into the house to live with you' says the rabbi. 'Are you serious?' says the man. The rabbi firmly says yes and sends him on his way. A week later the man returns even more disturbed, again complaining about the children and parents

and his wife's parents and her grandparents and his aunt and now the chickens! 'It's really too much' he says. The rabbi asks him, 'Do you have any goats?' 'Yes, I have three' replies the man. 'Bring the goats into the house to live with you as well' the rabbi tells him. The man can't believe it and although dismayed he does what the rabbi says. Another week passes and the man shows up at the rabbi's house really distraught. 'How can I live like this?' says the man 'My life is completely miserable'. 'Do you have a cow?' asks the rabbi. 'One' replies the man. 'Bring the cow into the house to live with you as well'. The man can't believe his ears and starts shouting at the rabbi. The rabbi firmly cuts him off and says, 'I am the rabbi, just do as I say'. Beaten, the man leaves and follows the rabbi's order. And again a week later the man returns to the rabbi, having not slept, unable to work or concentrate, really at his wits end. He pleads with the rabbi, 'You have to help me, I can't stand how crowded my house is any more'. The rabbi tells him, 'Take the cow and the goats and the chickens out of your house!' A week later the man runs into the rabbi on the street and says, 'Rabbi... who would have thought how spacious my house is!'

NEWS FROM THE DIVISIONS

NSW

Jenny Groves (Brisbane 2000), Feldy and Bones for Life trainer, reports on the 2013 Byron Spirit Festival. Jenny ran a Bones For Life stall while Linda Pontecorvo (Feldy in Mullumbimby) operated a Feldenkrais stall. Jenny and Linda also gave some classes. RAH.

It was wet, wet, wet. Numbers were down on last year. Still we prevailed. People from all over Australia came to the booth. We referred people onto teachers in Brisbane, Sydney, Melbourne, Gold Coast, Perth and even the UK and Ireland. We had laminated quotes on display from Moshe, Ruthy, and Einstein- a blending of the minds.

We did on the spot “five minute miracles” and the public walked away in less pain and very curious about this somatic work. I gave a BFL Powerpoint presentation and two BFL lessons while Linda also taught an ATM.

Plenty of curiosity happened when we introduced the Walking Poles from the Walk For Life Program on Sunday. We wore our WFL T-shirts and strolled around the pavements. Men were very interested in the walking poles. Was great to see some of the Sydney and Gold Coast crew there for the event.



Walking poles in use, photo by Jenny Groves



Linda's Feldenkrais stall.

VICTORIA

WALK INTO AUTUMN

By Ralph Hadden

The first of our Continuing Education seminars for 2013 was an evening with Holly Huon (Melbourne 1991). Holly moved house, last year to a beautiful spot on the Yarra River. Indulging herself in many delightful walks along the riverbanks she has fallen in love with walking, all over again. She has been studying and teaching Walking ATMs, especially those of the leading American trainer, the late Mark Reese. She gave us an ATM drawn from Mark's work, sprinkled with some quotes and stories from Mark.



TRAININGS

MELBOURNE & BRISBANE

By Jenni Evans

Jenni (Melbourne 2001) is a Melbourne practitioner and, with Glenice Hall, is the organizer of the current Melbourne and Brisbane trainings. RAH.

Our newest Trainer leads the team!

Congratulations to Susan Hillier who is now our newest Australian Trainer.

Susan will lead the teaching teams in both Melbourne and Brisbane in the coming segments.

In Melbourne the students are now on the middle of their fourth year and developing both their ATM teaching and FI skills. In the May segment, 20th-31st May, they will be teaching an ATM lesson, and then presenting it as an FI lesson, with the thinking behind it. They will then give this FI lesson to another student. The overall themes for two weeks will include: Breathing; Working elegantly with challenges: pain, precautions, contra-indications, first aid; exploration of response to challenge; Integrating evidence (science) into our art; developing FI skills; transitioning into practice.

Melbourne's final segment is 9th-27th September and will be led by Julie Peck.



*Brisbane 3 in February, trainer Stephanie Spink.
Photo by Glenice Hall.*

In Brisbane (3rd-21st June), the students are completing their first year. Their curriculum is largely based on week 5 of the Amherst training. They are still exploring many of the basic concepts such as proximal and distal movement, Timing, Orientation and Manipulation, observing differences and clarifying movement via touch. They will be exploring ways to listen with both hands and ears to discover what the Pupil wants, needs and can accept right now. Susan will lead the teaching team for the first week and Julie Peck, the second and third.

The next Brisbane segment is 7th-25th October, led by Arlyn Zones.

In both Trainings, Practitioners are enjoying the opportunity to review their learning and discover new ideas. Some are participating fully in the room as reviewing students where they engage with the students in all the activities and join in the online discussions and home practice between face to face segments. Others attend on a daily or weekly basis where they practice with any other visitors at the back of the room.

Training hours are 9.30am-4.30pm.

Practitioners can request a space by contacting Feldworks: feldenkrais@feldworks.com or **03 9645 4373**

*Booking is essential. Full details of the schedule and teaching staff are on the **website www.feldworks.com***

PERTH



For information contact Sara Elderfield:

sara@yogamoves.net.au

<http://www.yogamoves.net.au/feldenkrais-method/perth-3-training>

mobile 0415 363 313.

And the new Perth training, Perth 3, gets under way in July this year. Segment 1 is 8th-19th July, led by Julie Peck, segment 2 goes 30th September-11th October, led by Stephanie Spink.

ALAN'S FAVOURITES

7. Intelligence

There is a plane flying over the Pacific Ocean with the president of the United States, the smartest man in the world, a hippie and a priest. The pilot comes on the intercom to announce that one of their engines has stopped but it's not a problem; they'll just arrive 45 minutes late. A little while later the pilot comes on the intercom again this time announcing that another engine has stopped but everything is still okay, they'll just be delayed further but they'll get there. And an hour later the pilot comes rushing back to the passenger compartment screaming that the other engines have failed and they are going down and they need to grab a parachute to save themselves...NOW! And he grabs a parachute, opens the door and jumps. The four look at each other and realize there are only three parachutes left. The president of the United States says, 'I am the president of my country, I need to be saved my country needs me', and he grabs a parachute and jumps. Then the smartest man in the world grabs a chute and says, 'I am the smartest man in the world, the world needs me, I have to be saved and he jumps. The hippie and the priest are left and the priest looks at the hippie and then looks towards the

heavens and says to the hippie, 'My son, take the last parachute and save yourself, I'll be with my maker, I'll be with God'. The hippie smiles and says, 'Wow man, that's really cool, your maker and God, but you know man, like we can both still be saved'. "How is that?" replies the priest. The hippie tells him, 'You know that dude, the smartest man in the world...he just grabbed my knapsack!'

103. Not knowing

In old, old Russia, early on a Saturday morning, a rabbi is walking down the street when a Cossack on horse stops him and asks, 'Rabbi, where are you going!?!' The rabbi thinks for a bit and says, 'Hmmm...you know...I don't know...' This infuriates the Cossack who says, 'What! You are lying to me! You are going to synagogue! And for lying to me I am going to throw you in jail!' He drags the rabbi off to jail and puts him in a cell and as he is locking the door the rabbi says, 'You see...I told you I didn't know...'

189. Martial arts

There is a big Karate tournament with the oldest living 8th, 9th and 10th Dan black belts. The 8th Dan is 88 years old and he comes onto the tatami mat with the help of a cane. He stands there and

they let out a fly. The fly is buzzing around when suddenly the 8th Dan yells and his hand hits the fly and cuts the fly into half. The huge crowd goes wild. Then the 95-year old, 9th Dan makes it onto the mat with his walker. Again they let out a fly... the 9th Dan quickly slices the air with one hand and then the other and the fly lands, cut into 4 parts. The crowd goes mad! And finally they bring out the only living 10th Dan. He is 102 year's old and he has to be carried onto the tatami mat. His students carefully balance him there. A fly is let out as he stands there tottering back and forth and his hand suddenly reaches out to the fly but the fly continues to fly. There is a great hush in the hall. The announcer comes out and says to the 10th Dan, 'Oh great sensei, what a terrible misfortune, you did not kill the fly.' The 10th Dan master turns to him and says, 'No, but he'll never have children again'.

221. Numbered jokes

A man has just been put into his cell on his first day in prison. He is lying on the top bunk when someone down the cellblock yells out, "79!" The whole cell block starts laughing. Some time passes and he hears someone else yell out, "42" and again everyone laughs. An hour later yet another inmate yells, "61" again followed by uproarious laughter.

The guy can't figure it out and ask his cellmate, "Why is everyone laughing when they yell out those numbers?" His cellmate says, "I forgot, you are new here. You see in the library here we only have one joke book and all the jokes are numbered and we've all read it many times so we just call out the numbers." The new inmate thinks about it and after a while he yells out "25!" And he hears nothing. He yells out "41." Again, silence. He yells "15" and again no response. He finally turns to his cell mate and says, "What's wrong? How come no one is laughing?" The cellmate says back, "you don't know how to tell a joke!"

222. More numbered jokes

There is a special club where only comedians go and every night a different comedian is on stage doing his material. But since they have heard it all before, instead of telling the whole joke, they just yell out the number of the joke. This guy is on stage and he yells out, "339!" And this other comedian in the front row completely cracks up and says, "hahaha... that's great...hahahaha...I never heard that one before."

(Now you know why all the other jokes have numbers....)

And you may not believe it but there are many more... but without the context of some time together, trust me, they would be way too inappropriate.

THEME FOR NEXT ISSUE: VISION


For the next issue of Feldenkrais Australia we're taking a bold step and giving it a theme. **"Vision"** offers a rich field for discussion. Moshe and other Feldies have produced various publications and recordings to do with the eyes and vision. Alexander Yanai has many eye lessons, Jack Heggie produced a book of ATMs for the eyes, Mark Reese included eye lessons in Relaxercise and Donna Ray recorded Improving Your Game, ATMs for eye-hand coordination. Also Ryan Nagy is currently preparing a package of recordings for the eyes. And there are others including many who have explored FI for vision and movement.

Personally I have always been interested in improving eyesight and have dabbled in various methods alongside Feldenkrais including Bates, Janet Goodrich, Radix and Eyebody. I haven't managed to throw away the glasses I wear for distance vision but, on the other hand, at the age of 63 I can still read without reading glasses.

I invite you to contribute on the vision theme: case histories, stories, Moshe anecdotes, reviews (including reviews of the products mentioned above) and whatever you may come up with. Have you tried pinhole glasses, or behavioural optometry? Perhaps you'd like to write a brief comment on your experience. I'd also like to assemble a list of ATMs,

recommended reading and other resources - please let us know your favourites. And, as always, contributions on topics other than "Vision" are also very welcome. RAH.

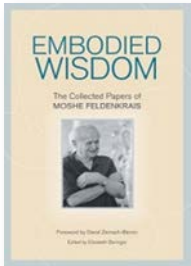
***Next issue will be published in October.
Deadline for copy: 31st August.***




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Sarah (Margaret River Kayaks)

Producer- Rae Martin with Illusory Films
And
Ben Nicholls- music
Ikon Design-graphics
Manfred Brueggler - sound
Pro-copy - Production

The venues: Kwinana Aquatic Cent
Rocky Bay Inc.
Annette Kellerman, Enmore NSW
Claremont Aquatic Centre
Margaret River Recreation Centre
Craigie Leisure Centre
Palm Beach Pool Centre QLD
Hanu Day Spa Margaret River



Thankyou to all participants, their families and care
This is a Count Me In initiative supported by the Disability Services Commission
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BOOKS FOR FELDENKRAIS PRACTITIONERS

A Guide to Body Sense

by Robert Burgess

Presents clear, beautiful illustrations of Human Movement as explored in The Feldenkrais Method. 50 "Awareness Through Movement" Lessons are illustrated on 190 pages of diagrams and text.

A Guide to Awareness Through Movement

by Chava Chelhav and Dalia Golomb

is intended for Feldenkrais Practitioners and their students interested in expanding their understanding of the method. There are 18 lessons with explanations, comments and photos.

My Feldenkrais Book

by Alfons Grabher

is a beautiful and great to read workbook for students and people interested in the Feldenkrais Method. It explains all the basics and has eight of the most important Feldenkrais lessons, in full colour.



www.feldebiz.com

**Supporting the people
Supporting The Method**

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FELDENKRAIS AUSTRALIA

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