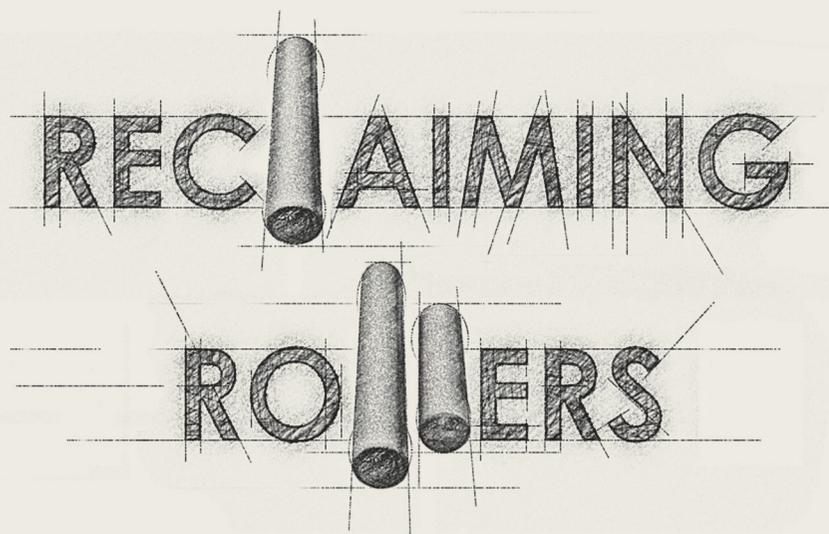


Larry Goldfarb

Mastering the Method



Reclaiming Rollers • 2017–2018 in Vienna

FELDENKRAIS
INSTITUT
WIEN

MASTERING THE METHOD (MTM) is for Feldenkrais teachers committed to improving their precision of touch, clarity of intention, and artfulness in execution. Studying the standards and masterpieces is a time-honored path to developing skillful mastery. In the lexicon of Functional Integration lessons, there are those structures and strategies that are so consistently effective, so remarkably reliable, that we can count on them to facilitate learning.

Larry Goldfarb composed 3 modules of *Reclaiming Rollers*, they can be booked separately or as a package/series with 10% discount:

- **Reclaiming Rollers I:**
November, 23–27, 2017
- **Reclaiming Rollers II:**
June 21–25, 2018
- **Reclaiming Rollers III:**
October 11–15, 2018

Teaching times in all modules:
Thu: 12:30–18:00;
Fri, Sat, Sun & Mon: 10:00–17:00.
Teaching language is English.

Tuition:
€ 570,- (incl. 20% VAT/MwSt.) for each 5-day module if the modules are booked individually.

€ 513,- (incl. 20% VAT/MwSt.) for each 5-day module if the 3 modules are booked as a package.

Please register soon. The tuition for each module needs to be paid one month prior to its start.

Contact us anytime if you have questions. We are looking forward to hearing from you!

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Larry Goldfarb is an exceptional Feldenkrais Trainer: highly educated and intellectual he is simultaneously a fun, straightforward and collegial teacher who enjoys nothing more than building confidence through competence. Keeping with his commitment to demystify the method and to empower teachers, Larry has continued to map the territory of recovering and refining human capabilities. In 2015–2017 he taught four modules of THE TRILOGY at Feldenkrais Institut Wien. This Vienna TRILOGY was a great success and participants requested another learning possibility with Larry... so we are organizing 3 modules of his MASTERING THE METHOD.

Larry Goldfarb, CFT, Ph.D.,

will teach you a total of six essential FI lessons. To complement the hands-on material and create a comprehensive curriculum, all the ATMs you will do during these modules also incorporate rollers.

A ROLLING STONE GATHERS NO MOSS, BUT IT GAINS A CERTAIN POLISH.

Oliver Herford

Module 10 of Mastering the Method

Reclaiming Rollers I: Sitting at a Column & We All Have a Cross to Bear

November 23–27, 2017

In this module, you learn these two FI structures:

Sitting at a Column, where a roller is placed between the student's back and the chair. The teacher explores the movement of the student's head, arms, and legs, supporting compulsive contractions and helping the student find the skeletal support that underlies effortless sitting. This lesson connects what a student has been learning in other lessons, lying on the table, to being upright. In addition, it is also perfect for a student who can't lie down and also isn't that comfortable in sitting.

We All Have a Cross to Bear, where the student lies on a roller behind the upper back and enough pads under the head to be comfortable. In this unique and unfamiliar situation, the teacher can reach the back of a student who is lying supine. This opens the door to differentiating the trunk and addressing flexor and extensor tonus in otherwise impossible ways. As the lesson progresses, the teacher removes one pad after another from behind the head, helping the student find comfort and movability each time.

Module 11 of Mastering the Method

Reclaiming Rollers II: Lying Lengthwise & The Neck Pillow

June 21–25, 2018

In this module, you learn these two FI structures:

Lying Lengthwise, where the student lies on a roller from head to pelvis. Perhaps the best known of all of Feldenkrais' roller lessons, it puts the student in a somewhat unstable situation, one that requires staying alert and making small adjustments to stay on the roller. By lifting the head, each leg, and each arm separately, the teacher investigates the connection of the limbs to the trunk. Over the course of the lesson, the teacher engages and then, gently and gradually, challenges the student's ability to find and maintain equilibrium. After the lesson, the student is left with a profound, almost palpable, sense of the line of vertical support.

The Neck Pillow, where a roller is behind the neck of the student who is lying supine. Throughout this FI, the teacher only touches the roller and the student's head, neck, and shoulders. The lesson unfolds as the teacher carefully follows and clarifies the transmission of force from the student's head and neck through the spine and chest to the pelvis. Exploring the precise connections of the cervical spine and head to the trunk reveals and relieves habitual patterns of contraction, uncovering new ways of moving and breathing.

Module 12 of Mastering the Method

Reclaiming Rollers III: Riding the Unicycle & A Sea of Rollers

October 11–15, 2018

In this module, you learn these two FI structures:

Riding the Unicycle, with the student sitting on a roller, explores how the motion of the student's head and pelvis influence each other – and how this relationship is affected by the placement of the feet. The roller makes for a dynamic base of support, amplifying the effect of even small movements and clarifying how weight shifts. The lesson progresses from highlighting how the student sits habitually to developing the coordination needed for upright ease. The student actively participates in the lesson, making ATM a key part of this FI, challenging the classic divide between these modalities, and demonstrating how blurring this line can benefit the student's long lasting learning.

A Sea of Rollers, where the supine student is lying on a table, completely supported by rollers. At the beginning of the lesson, the teacher arranges rollers of different sizes to fit contours, from head to feet, of the student lying on the back. Moving the rollers first individually and then in various combinations, the teacher starts by locating areas of easy motion, subsequently finding ways to connect them until, eventually, an undulating wave through the whole body can be initiated by moving any one of the rollers. At the end, the teacher gradually removes one roller after another, slowly "pouring" the student onto the table.