

# MOVEMENT EDUCATORS FORUM

September 23rd-27th 2013  
Studio 303  
372 St. Catherine W.  
\$75

## Monday - Thursday

14h-16h Class  
16h- 17h Tea (optional)

## Friday

14h- 16h30 Teacher's Panel  
\*facilitated by Catherine Lavoie-Marcus

## Registration

info@studio303.ca  
\* mention you've received an invitation

This week aims at facilitating dialogue between montreal based movement educators and visitors. Monday to Thursday we have invited 4 experienced teachers representative of an approach to teaching movement to offer an experience in the form of a class to the forum participants. Our invitees this year include Warwick Long, Kira Kirsch, Linda Rabin and Jérémie Fiset. Each session will be followed by an open discussion among participants over tea. Friday all of the teachers will be present for a panel discussion facilitated by Catherine Lavoie-Marcus and the Axis Syllabus Research Community, to speak of the theoretical foundations of each approach. The anatomical through-line for the week is breath.

**MONDAY / Kira Kirsch** is a dancer, dance teacher and dance maker from Berlin. She studied at the Conservatory of Vienna, Tanzpool and the Axis Syllabus with Frey Faust. She has pioneered, taught and continuously researched through the lens of the Axis Syllabus (AS) for over a decade and is a co-organizer of the Nomadic College. Kira has taught the AS and Contact Improvisation broadly in Europe, Russia, Canada and the US. She has danced for David Szlasa, Sara Shelton Mann, Christine Bonansea among others and collaborated extensively in dance making, co-teaching and event organising with Kelly Keenan.

**Axis Syllabus** can be considered an information resource pool filled with tools, tactics and knowledge for continuously improving movement education and training practices for dancers and everyone that desires to move. The AS claims to be detailed, systemic and a continuously redefining movement analysis that is based on ongoing empirical, multi-scientific and pedagogical inquiry. Knowledge is gathered, discussed and tested by a community of teachers and students from all walks of life. Safe falling reflexes, fluid transitions, finding healthy range of motion, injury prevention or kinetic efficiency are some of the key objectives. An Axis Syllabus class aims to create a collaborative learning environment and effective space for personal research.

**TUESDAY / Linda Rabin** brings to Continuum more than 40 years of experience in the field of movement. A choreographer and dance teacher in her earlier professional life, she turned to somatic education in the 1990's to become a certified practitioner of Body-Mind Centering and an authorized teacher of Continuum Movement. As an international Continuum workshop leader, Linda teaches in her native Montreal, in Canada and Europe, as well as in Asia and Israel. She shares her life's passion with people from all walks of life: movement both as art and healing, as a way of life knowledge and spiritual practice. [www.lindarabin.com](http://www.lindarabin.com)

**Continuum** is an inquiry into the nature of fluids. We are the movement of water on land. At the most intrinsic level of our being, like the ocean, we undulate, pulsate, arc and spiral. When we slow down and pay attention to these biological movements, they teach us about the art of being – in the body, in the moment, in life. In this 2-hour class we will explore some breath and vocalized sound that stimulate the fluid system; engage in fluid non-patterned movement from a micro to macro level and in different relationships to gravity; and with our presence, silently attend to the sensations and movements that emerge. Continuum is an approach that can enhance and bring new perspectives to our personal and professional practice. It can increase our capacity for easeful movement, reduce our experience of physical limitations and pain, awaken sensuality, spark our creativity and invigorate our overall health and well being.

**WEDNESDAY / Jérémie Fiset** is a founder of AEKÜUS, a center that promotes education in nutrition, posture and movement, Jeremiah Fiset studies human anatomy, physiology and mechanics. His work addresses posture and motor coordination as well as potential in motion and acrobatics. Combining Osteodynamics, somatic studies and a multidisciplinary physical education, his training regimes focus on *functional and fundamental* needs such as, body awareness, motor coordination and agility.

In this workshop, theories that revolve around breath will be introduced and put into practice.

Theory:

What are the muscles that allow us to breathe?  
How do we breathe?  
What are the self-reflex muscles?  
What are the mechanisms of natural breathing?  
What are the effects of breathing on other parts of the body?  
What is the "abdominal chamber," and what principles are involved in this concept?"

Practice:

How to protect the body while engaging in dynamic movement

**THURSDAY / Warwick Long** is an osteopath and Feldenkrais practitioner. He has over 30 years experience working in the areas of dance and somatic education in Australia, Europe, New Zealand and Canada. His professional background consists of a certification in the Feldenkrais Method, a Masters degree in Physical Education and a Diploma in Osteopathy. Since 2003 Warwick has taught courses in Contemporary Dance Technique, Somatic Education and Anatomy for the Moving Body at the Université du Québec à Montreal and Concordia University. He presently works as an Osteopath and Feldenkrais Practitioner at Clinique Santé Guindon in Lachine and at Espace 212 in Outremont.

**The Feldenkrais Method** of somatic education addresses how we move and how we can change our movement. This is achieved by using fundamental movement patterns to develop awareness and improve movement and postural habits. Learning is directed towards moving with minimum effort and maximum efficiency.

In this two hour workshop we will explore the sensations of our breathing as a movement in itself, as well as exploring some of the relationships between how we breathe and how we move and how we can improve awareness of these relationships.

"I took a deep breath and listened to the old brag of my heart.

I am, I am, I am."

Sylvia Plath, *The Bell Jar*