

Humanise Yourself - Timetable

Download and Print Copy

Day 1 - Thursday 13 / Friday 14 October

Session 1 - IRENE LYON

NEW YORK – 3 PM THUR 13 OCT

LONDON – 8 PM THUR 13 OCT

SYDNEY – 6 AM FRI 14 OCT

Somatic Experiencing, Vagus Nerve and Feldenkrais

Irene Lyon, MSC. and nervous system expert, teaches people around the world how to work with the nervous system to transform trauma, heal body and mind, and live full, creative lives. To date, her online programs and classes have reached over 9,500 people in over 90 countries. Irene has a Master's Degree in Biomedical and Health Science and also has a knack for making complex info easy for ALL of us to understand and apply to our lives. She has extensively studied and practices the works of Dr. Moshé Feldenkrais, Peter Levine (founder of Somatic Experiencing) and Kathy Kain (founder of Somatic Practice). Irene spends her free time eating delicious food, hiking in the mountains or walking along the Pacific Ocean in her hometown of Vancouver, British Columbia.

Session 2 - Lisa Ponichter-Stanley

NEW YORK – 5 PM FRI OCT 14

LONDON – 10 PM FRI OCT 14

SYDNEY – 8 AM SAT OCT 15

Tools to Access Your Inner Guidance

Feldenkrais takes us on a journey of inner awareness which can be helpful for decreasing pain, and increasing movement and freedom. Lisa will share 4 other tools that helped her in her own healing from chronic pain and journey towards freedom. These are tools that can be used interchangeably.

Movement Lesson -Soft Knees

Creating more cushioning through your spine and leg connections to help your walking and decrease pain!

Session 3 Erin Finkelstein

NEW YORK – 7 PM THUR OCT 13

LONDON – 12 AM FRI OCT 14

SYDNEY – 10 AM FRI OCT 14

Transformational Tension Tamer:

How to Smash Jaw Pain through a Blissful, Mindful, Stress- Less Process

Tension can lead to stress and pain, and when it settles into the jaw, it affects everything we do. It can be a puzzle, even for movement specialists, to know how to improve this area of the body when it hurts to move it. In this session, we will cover a whole-body approach to alleviating jaw pain, and get you back on track to chew your food with joy and abundance.

Movement Lesson - Whole body approach to alleviating Jaw pain.

Whole body approach to alleviating Jaw pain. Learn what supports your jaw Learn how to access that support at any time Learn how to interrupt the pain cycle and choose a more comfortable way to move

Session 4 Margaret Kaye

NEW YORK – 9 PM THUR OCT 13

LONDON – 2 AM FRI OCT 14

SYDNEY – 12 PM FRI OCT 14

I Hand it to You

Hands have been called the outer brain, and even more intelligent than the brain! Hands are often the first point of contact with the environment, and moving our hands can be a primary way of communicating. Yet not all of us have full capacity, or they can get tired, or injured, and if so how can we improve the functionality of our hands, and arms so we can access them to best make our way through the world in the ways we wish. We will explore the quality, function and meaning of touch and the meaning and culture of gesture.

Movement Lesson: Surgeon's Hands

Description of lesson - We will refine the ways in which we use our hands so that we improve spatial connection and tactility. This lesson was taught by Moshe Feldenkrais to the surgeons at a hospital where he had surgery as he was dissatisfied with the quality of their touch.

Session 5 Anna Fisher

NEW YORK – 11 PM THUR OCT 13

LONDON – 4 AM FRI OCT 14

SYDNEY – 2 PM FRI OCT 14

Move, Breathe & Soothe

Move from stress and pain to calm and comfort. Anna will discuss ways to calm and soothe your nervous system, so you can consciously shift from a state of stress to relaxation, by using movement (Qigong and Feldenkrais) and breathing.

Movement Lesson: Calm your mind, relax your body

Benefits – Ease neck and shoulder tension, de-stress, BE more relaxed, calm and centred, sleep better, feel better!

Day 2 Friday 14 / Saturday 15 October

Session 1 - Erifily - Session special time due to being in Greece

NEW YORK – 5:30 AM FRI OCT 14

LONDON – 10:30 AM FRI OCT 14

ATHENS - 12:30 PM FRI OCT 14

SYDNEY – 8:30 PM FRI OCT 14

The secret to pain free sitting at the desk

“Why ergonomics have failed us and how can we find comfort in sitting.

A small lecture, followed by a small movement lesson.”

“Why do we suffer so much sitting at our desks?

Erifily Nikola shares her secrets for a good seated posture.

A graphic designer turned somatic practitioner, Erifily has personal experience of both the problem and the solution.

Movement Lesson: Mapping out the Pelvis

A lesson to free your hips and balance your sit bones.

Session 2 Daniel Gelbum

NEW YORK – 3 PM FRI OCT 14

LONDON – 8 PM FRI OCT 14

SYDNEY – 6 AM SAT OCT 15

Uplift Yourself and Uplift Yourself Out of Pain.

Tune into and develop the feelings of self-improvement and advancement of yourself. This gentle movement lesson will bring good vibes that come through learning about yourself/body and let the developing sensations wash through you to get rid of body aches/pains while improving our mood, posture and more."

During my 4 year training, but have developed it further.

Movement Lesson: Uplift yourself and uplift yourself out of pain

Developing bodily optimism and getting rid of physical and emotional pain, while developing inner strength. through listening to body movements.

Session 3 Christine Germain

NEW YORK – 5 PM FRI OCT 14

LONDON – 10 PM FRI OCT 14

SYDNEY – 8 AM SAT OCT 15

Move Away From Pain Into a Stronger You

Tapping into your full potential while still respecting your own limits. I will give you tools to regain authority so that you are empowered to improve your well-being and move away from pain into a stronger version of you, using principles from the Feldenkrais Method and adapting it to your daily activities or your next movement class. We'll start by bringing attention to your own patterns. We tend to stop our breathing when dealing with pain or

learning something new. This Awareness Through Movement lesson will help you notice when this happens and therefore empower you to change your habits.

Movement Lesson: Stopping the breath

Session 4 Fariya Doctor

NEW YORK – 7 PM FRI OCT 14

LONDON – 12 PM FRI OCT 14

SYDNEY – 10 AM SAT OCT 15

Expanding Your Breathing Potential

Where do you find your attention when you breathe? We often have a habit of attention when it comes to noticing and changing our breathing. This lesson explores spaces we often don't associate with breathing to expand our potential and inner world. Do you find breathing confusing?

Movement Lesson: Expanding the Self

This is an unconventional way to teach breathing, however you will feel a new sense of space and expansion. Be prepared for a positive shift in self image!" Contacting the Abdomen while exhaling

Session 5 Sarah McAullm

NEW YORK – 9 PM FRI OCT 14

LONDON – 2 AM SAT OCT 15

SYDNEY – 12 PM SAT OCT 15

The Power of Play to Find Your Potential

If you think play is only 'kids' stuff' it's time to think again. Sarah's presentation covers why our bodies and brains are built to benefit from play no matter what our age (and other fun stuff!).

Movement Lesson: Interlacing Your Fingers & Toes

A fun exploration to get to know your hands and feet, and feel more connected. This lesson always gets a few smiles and even some giggles

Day 3 - Saturday 15 / Sunday 16 October

Session 1 Richard Goldsand

NEW YORK – 3 PM SAT OCT 15

LONDON – 8 PM SAT OCT 15

SYDNEY – 6 AM SUN OCT 16

Feldenkrais and Tensegrity

Richard's presentation takes a deep dive into the structural model of tensegrity and why it's important for healthy movement.

Tensegrity - or tensile integrity - is a type of structural model that relies on the continuous balance of tension and compression within an interconnected structure. If you pull or strain one part, you create a push on another part and vice versa. If there is no push, you won't have the pull.

The body is an interconnected system that operates as a tensegrity model.

This means to experience easy and harmonious movement, we need to create equal and opposite push/pull or tension/compression within the body. When the body overworks or

underworks too much or too little (or not at all), the structural integrity is thrown out of balance.

Using easy-to-follow visual aids, Richard will show why it's the intersection of these opposing push/pull movements that are important for us to gain clarity, coordination and choice in our everyday movements.

Session 2 Barbara Anderson

NEW YORK – 5 PM SAT OCT 15

LONDON – 10 PM SAT OCT 15

SYDNEY – 8 AM SUN OCT 16

Having pain in the neck is a pain in the neck

Neck pain is believed to affect 30 to 50% of the adult population in the U.S. In this workshop, you will learn a safe, gentle method of restoring movement to the neck. I call my method the “wobble head”. After a taste of being a wobble head, we will do an Awareness Through Movement class that improves the use of the whole spine in relationship to the head and neck. Barbara Anderson has been teaching people to move better for 40 years. She calls her system “Move like a kid again”. The best time to start moving younger is now. Do want to be strong and agile and energetic for a lifetime? Barbara’s awareness-based movement classes will help you reach those goals. “

Movement Lesson: Having neck pain is a pain in the neck

In this workshop, you will get a taste of experiential learning (that means, feel it for yourself.) First, you will increase your awareness by becoming a curious explorer and that curiosity will open new possibilities. Finally, new patterns emerge.

Session 3 Sonja Johansson

NEW YORK – 7 PM SAT OCT 15

LONDON – 12 AM SUN OCT 16

SYDNEY – 10 AM SUN OCT 16

Enliven your spine: Mend & Mind your Back.

Sustainable movement for a healthy and happy back.

If you suffer from back pain, life can be pretty miserable. Beyond the discomfort and sleepless nights, there's the disappointment of missing out on activities you love. If you've accepted your back pain as just a part of getting older, this presentation will give you new hope and inspiration. A practical approach to reconnecting with the inherent support of your skeleton, this program is a fusion of clinically proven strengthening exercises and pain science, presented through the lens of mind-body movement. It can reduce back pain, increase your confidence to move and protect you from future problems.

Movement Lesson -An Adaptive Back

An Adaptive Back: Your spine can be move like a Wave (fluid and flexible) or Axis (tethered and stable). Learn how to access each mode of action to respond to daily demands.

Session 4 Ralph Hadden

NEW YORK -9 PM SAT OCT 15

LONDON – 2 AM SAT OCT 15

SYDNEY – 12 PM SAT OCT 16

Move Your Mood

"You can influence your mood. You can shift more towards enthusiasm and out of apathy, towards being more positive and productive and away from negativity and lethargy.

The key is in your movement and posture. You can use physical activity (or inactivity) and your stance to improve or worsen your mood. Science research proves your habitual postures and behaviours are shaping your emotions and energy levels every minute of your day.

My talk will explain how body and movement influence your mood and provide you with 3 simple yet powerful tools you can use immediately to “Move your mood”. You can spend more time being positive and productive by using these 3 tools.”

Movement Lesson: Unfolding flower

Move between different body shapes to explore shifting between safety (limitation) and vulnerability (power and potential).

Based on a lesson I learnt 30 years ago from Alan Questel.

Session 5 Alan Questel

NEW YORK – 11 PM SAT OCT 15

LONDON – 4 AM SUN OCT 16

SYDNEY – 2 PM SUN OCT 16

Finding the potency in your human potential

Realizing your potential can happen in many different ways.

From achieving your goals to attaining your dreams

Come and find out how you can find a greater sense of potency that you can use in your everyday life... in all the things you do

Session 6 - Ruth Polden

NEW YORK – 6:30 AM SAT OCT 16

LONDON – 11:30 AM SAT OCT 16

SYDNEY – 9:30 PM SUN OCT 16

Grow Yourself Tenderly

Biologically we are in a constant state of growth, renewal and change. Yet often our sense of ourself is stuck in time.

We will discuss how we can stay gently listening, creating more possibility and expanding our potential as we move through life.

Becoming more of who you really are.

Movement Lesson: Finding your heel with your hand.