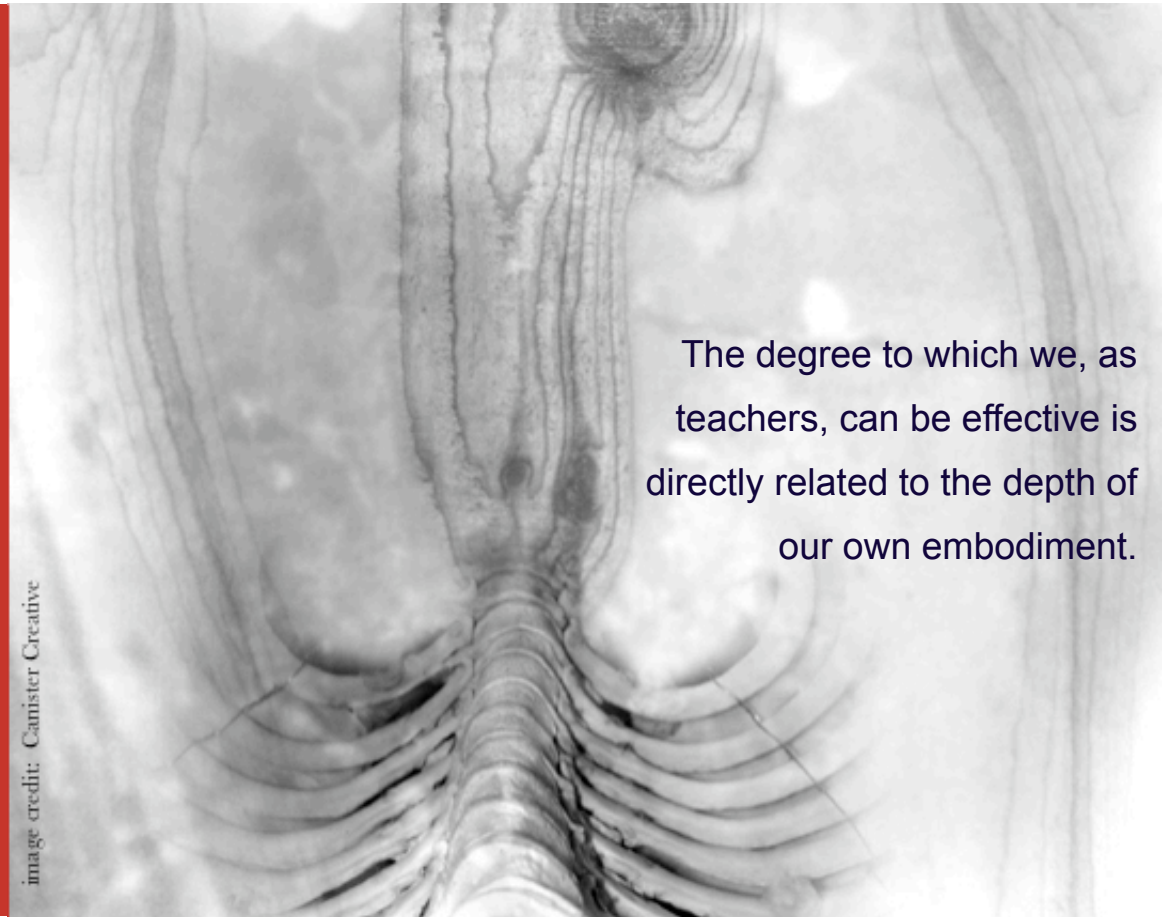


EMBODIED TEACHING

April 11, 2009 1pm - 4pm

The Movement Studio is pleased to present a workshop on Embodiment for Movement Educators.

image credit: Camister Creative



The degree to which we, as teachers, can be effective is directly related to the depth of our own embodiment.

Embodiment Workshop with JANE ELLISON

*the Movement Studio®
Pilates*

Jane Ellison has been teaching movement and experiential anatomy for over thirty years. Her work has been particularly influenced by Body-Mind Centering®, Body-Mind Psychotherapy, and other awareness based movement and meditation practices. Students and clients use her work for both personal and professional development in applications which include acting, dance, Pilates, yoga, psychotherapy, and sports. She has worked in Vancouver out of the artist-run-centre, Western Front, since 1975, and was a teacher in the Langara College professional theatre training programme, Studio 58, for nineteen years.

Embodiment, fundamental to human development, is the task of re-integrating body and mind. It is the moment to moment process by which human beings can allow awareness to enhance the flow of thoughts, feelings, sensation, and energies through our bodily selves. Our effectiveness as teachers of a physical practice is based on the extent to which we have embodied the material we are teaching, and can remain present with ourself and our client simultaneously. We transmit our knowledge as much with our language of body, movement, touch, and vocal tone as with our verbal language. We also receive information about the other into our bodies. The degree to which we, as teachers, can be effective

is directly related to the depth of our own embodiment.

The embodiment practice we will explore in the workshop is a simple one, in which one feels the sensations in one's body and allows them to move, breathe, and sound in their own way. This will be an experiential session and will provide opportunity to integrate some of the more technical material of the Pilates practice and to explore body-based authenticity in relating with clients and students.

cost \$90.00 Space is limited.

call or email to register
Ph - 604-732-9055 or email
pilates@themovementstudio.ca