

# Workshop on Saturday June 18, from 9:30am to 5:00pm



## *Moving from and through your FEET* *damage control and prevention for feet, ankles, knees...your whole self*

**Do your feet ache?** Feet support your posture and ability to move. Yet your posture and habitual actions affect your feet as well. This workshop offers you an opportunity to explore these relationships as well as ways to change your movement patterns to support more neuromuscular effectiveness.

**Presented by:**  
**Bonnie Kissam, M.A.**  
FL Lic #36256,  
Provider #MCE 448-05



Bonnie Kissam has her Masters Degree in Physical Education/Dance. She has been a *Feldenkrais Practitioner*® for 30 years, an assistant trainer for 15 and studied with Dr. Feldenkrais in 1980 & 1981. In Connecticut, Bonnie worked in Physical Therapy Clinics as well as her own studio. Clients have ranged from dancers/athletes, musician/singers to children with learning delays and scoliosis, to people with chronic stiffness and those who have had an accident or stroke.

- *FEET*, often placed neatly away in our shoes, are what we run, dance, stand or walk on. We are most often unaware of what goes on in our feet or to our feet.
- *FEET*, are the foundation on which we stand and thus are a source of our stability.
- Yet *FEET*, propel us forward and thus are a source for our mobility.

Feet support our posture and our ability to move optimally—but let's not forget that our posture and habitual ways of moving affect what happens to our feet!

Recently there has been much literature about walking barefoot, running barefoot—with claims of supporting low back, hips and knees. Using your whole foot to walk or run allows each part of your foot to be part of the action.

As a participant in this workshop, *Moving from and through your FEET*, you will begin to notice how hidden postural habits have affected your feet and ankles. You will experience how changes in movements of your feet can improve your posture and your ability to move with more comfort and ease. At the same time changes in your posture can help your feet work more effectively.

How familiar are you with the 26 bones, 33 joints, and numerous muscles and nerve endings in each foot?

### ***You can expect to:***

- Heighten awareness of your posture, balance and movements and what your feet have to do with it.
- Clarify the many options for movement you have in your feet and ankles.
- Acquire tools for changing the outcome of old habits. Awareness and subtle changes in actions will help you find new ways to move.
- Heighten your powers of observation for yourself—as well as others.

**Saturday, June 18, 2011 from 9:30am to 5:00pm**

**Ionie's 1241 Fruitville Road, Sarasota**

1/2 block west of Coconut, east of 41

**Call to register:** 941.360.2248 or 941.587.4535 cell  
or ONLINE at <http://www.feldenkraisinsarasota.com/workshops-for-professionals>

**Fee:** \$100.00 or \$150.00 for workshop plus an individual lesson.  
(20% less if pay by June 8)  
6 CEU's for LMTs

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