

*Two Day Workshop • March 26 & 27 • 9am - 5pm*



Bonnie Kissam has her Masters Degree in Physical Education/ Dance. She has been a *Feldenkrais Practitioner*<sup>®</sup> 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.

In the early '90s Bonnie studied with Mario Rachabado who did research on TMJ.

*Release Your Jaw, Your Voice, Your Whole Self* offers LMTs and health care professionals an opportunity to fine tune their palpation and observational skills for the head, neck and shoulders. This satisfies 15 CEUS for FL LMTs

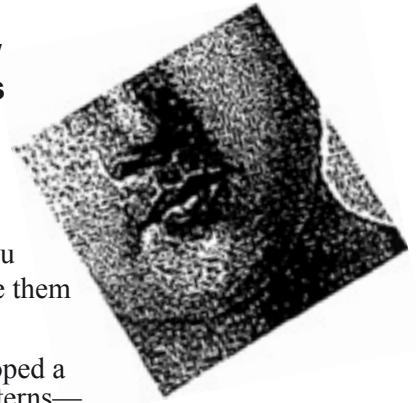
## Release Your Jaw, Your Voice, Your Whole Self

**Reversing the tension you hold in your jaw will influence your thoughts, your voice, as well as everyday actions.**

In this workshop Bonnie leads you through many of the ingenious *Awareness Through Movement*<sup>®</sup> lessons she learned studying with Moshe Feldenkrais, D.Sc. You experience them for yourself; then you learn how to use them with others.

Dr. Feldenkrais was a revolutionary thinker who developed a Method that teaches you how to shift deeply rooted patterns—such as clenching one's teeth and holding oneself still—through attention to yourself moving in different, more fluid ways. The more you are mindful of your everyday actions, the more the nervous system stays quiet, and the more you discover you have more options than you thought you had. Learning happens in a spiral, one day builds onto the next and this can continue even in your sleep.

Habitual patterns often interrupt the flow of naturally organized actions. *Release Your Jaw Workshop* offers a laboratory for you to discover how simple shifts in action offer a profound affect on your whole well-being.



### Workshop Discoveries

- How to breathe and move at the same time
- How to attend to small, subtle movements and create shifts in action
- How subtle action changes in your eyes can affect your head, neck and shoulder tensions
- How attention to your teeth, tongue, palate and nose can release tension in your jaw
- How releasing tension in your jaw releases your chest and whole self and vice versa
- How your skeleton is a source of strength
- How you can do more by doing less

**Saturday & Sunday, March 26 & 27, 2011 from 9:00am - 5:00pm**

**Ionie's 1241 Fruitville Road, Sarasota**  
1/2 block west of Coconut, east of 41

For further information and registration

Call to register: 941.360.2248, 941.587.4535 cell or [bk@bonniekissam.com](mailto:bk@bonniekissam.com)  
or ONLINE at <http://www.feldenkraisinsarasota.com/workshops-for-professionals>

Fee: \$225/\$275 with an individual lesson or \$175/\$225 with an individual lesson if register by March 16.

Send check to: Bonnie Kissam, M.A., 5317 Fruitville Road, Box 169, Sarasota, FL 34232

Bonnie's office for individual lessons is located at Ionie's

**VISIT: [www.feldenkraisinsarasota.com](http://www.feldenkraisinsarasota.com) • [www.bonniekissam.com](http://www.bonniekissam.com)**

**Know Thyself — Love Thyself — Learn Tools to Nurture Your Soul**