

Noteworthy News from Bonnie Kissam, M.A.

Cushioning your joints for life

January 2008

Wisdoms of

The Feldenkrais Method® of somatic education

We all move. Some of us move more easily than others and find ourselves with less pain. Some of us enjoy our movements. *The Feldenkrais Method®* teaches that if there is discomfort or injury in one area, another area isn't doing its full part to support the action. If you can begin to sense what is not participating with more clarity, you can begin to see how you can help yourself in a completely new way. This work moves beyond the physical, connecting thought and action.



Bonnie Kissam has a Masters Degree in Physical Education/Dance and studied directly with Moshe Feldenkrais the last two years of his teaching in 1980 and 1981. Over the last 20 years, Bonnie has worked with children with postural and learning difficulties and adults with neurological and orthopedic limitations. She also works with performing artists and athletes wanting to improve their abilities or prevent injury.

Bonnie has applied the wisdom of *The Feldenkrais Method®* to help athletes and golfers learn how to return to their more natural swing – before disease, age and habits interfered. She has created and recorded the workshop, *Effortless Swing®* approach for optimal golf. CDs are available thru her website www.effortlesswing.com. Bonnie is an Assistant Trainer and organizer for the Feldenkrais Training Program in Florida. Contact Bonnie at bk@bonniekissam.com or call 941.360.2248.

The Accent is on Learning

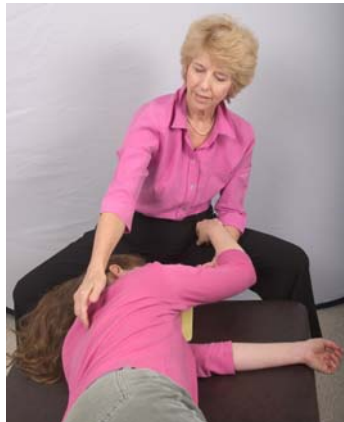
"I have some difficulty in explaining to my followers that I am not a therapist and that my touching a person with my hands has no therapeutic or healing value, though people improve through it. I think that what happens to them is **learning**, but few agree with this. What I am doing does not resemble teaching as understood at present. The accent is on the learning process, rather than the teaching technique. Imagine a dancing party attended by a man who never dances. One woman, however, likes the man sufficiently to persuade him to take the floor. Moving herself she somehow manages to make him move too. At the end of the evening he finds he can follow her movements and steps more easily. Consider the woman who could dance and how she made a pupil or client dance also, without teaching musical rhythms, dancing steps or all the rest of it. In saying that I work with people **I mean that I am dancing with them**. I bring about a state in which they learn to do something without my teaching them, anymore than the woman taught the dancer."

Moshe Feldenkrais from *Elusive Obvious*, pp7-9

*Moshe Feldenkrais, D.Sc. was a highly trained engineer and physicist who studied at the Sorbonne in Paris in the 1930s and assisted Joliet-Curie in early nuclear research. He is the author of Higher Judo, Body and Mature Behavior, Awareness Through Movement and the Elusive Obvious. He is known as a revolutionary thinker and leader in the human potential movement as creator of *The Feldenkrais® Method* which uses movement, attention and sensory re-education to inhibit those habits which interfere with reaching ones potential. He is globally acclaimed by educators, therapists, musicians, and athletes along with children and their parents for his understanding of how we learn.*

A Message from Bonnie...

In individual *Functional Integration®* lessons, I work to engage your nervous system in a nonverbal conversation as you seem to lie passively on



the table. I touch or move you and yet I nonverbally ask, "would you like to move this way?" I wait for a response that says "yes, I trust you and am willing to go" or "NO, this area I need to protect and I don't want to go in that direction." If I receive the later nonverbal communication, I do not force but work to find a way that is more comfortable for that area to move. We keep conversing in this way until old habitual patterns become quiet and you can sense a fluid connection or sense new choices for moving and being in the world. Often, the lesson takes place after our time together as new possibilities become

more and more a part of your repertoire. As a participant, you are not as passive as it seems.

Feldenkrais Practitioners 'teach' through touch in an individual lesson or 'teach' through verbal movement suggestions in a class situation. There is a problem-solving aspect inherent in these 'lessons'. One learns to slow down and sense choices to moving. this aids one's personal ability to move in ways that are 'personally efficient' and aesthetically pleasing.

Bonnie's new office is at Ionie's, 1241 Fruitville Road in downtown Sarasota. Call 941.587.4535. Ongoing classes are at:

5:45 Monday evenings (starting October 1)

10:45 Wednesday mornings

www.bonniekissam.com • www.feldenkraisinsarasota.com/method

Special Workshops: Lightness of Walking/Running Sundays January 13, Feb 17, 2:00-4:00
Cushioning Your Joints, January 26 & 27 2008
Visit www.bonniekissam.com for more details