

A SPECIAL WORKSHOP
FOR FELDENKRAIS® PRACTITIONERS AND OTHERS

WALK FOR LIFE

THE WAY NATURE INTENDED



Discover your capacity for
comfortable, powerful and pleasurable walking

WITH RUTHY ALON

Walk for Life is an effective program designed by one of the world's most respected masters of the *Feldenkrais Method*®, designed to improve our comfort and efficiency in walking. It is a tour-de-force learning opportunity and will benefit everyone who wishes to enhance, protect and invigorate their walking experience.

Walking is more than a means of moving ourselves from one place to another. It also increases our flexibility, strength and stamina, and can be one of life's great pleasures. Because efficient mobility was key to our survival in prehistoric times, walking involves some of our most potent neurological patterns. Therefore, improving the way we walk can have a positive effect on many of our other functions, as well.

Ruthy Alon is privileged to be one of Dr. Feldenkrais' first students. She has studied and taught the *Feldenkrais Method* for over 50 years, and is widely known for her two signature programs; *Bones for Life* and *Walk for Life*. Ruthy is also a senior *Feldenkrais* Trainer and the author of *Mindful Spontaneity*, and many audio and video programs.

Join us for an opportunity to study with a very special teacher, exploring evolutionary patterns of locomotion, central to our survival. *Walk for Life* is both an indoor and an outdoor workshop, and involves the use of Walking Poles.

Participation in this program is required for certification as a Walk for Life Teacher.

September 25-29, New York City, 212-727-1014 or www.feldenkraisinstitute.com

October 25-29, Encinitas, California, 800-765-1907 or www.feldenkraisresources.com

November 1-5, San Francisco Area, 510-540-7600 or www.FRTIBerkeley.com

THREE OPPORTUNITIES!
WALK FOR LIFE

A DYNAMIC WALKING WORKSHOP WITH RUTHY ALON

NEW YORK CITY

September 25-29

Walk for Life 1

Sponsored by the

Feldenkrais® Institute of New York

212-727-1014

www.feldenkraisinstitute.com

ENCINITAS, CALIFORNIA

October 25-29

Walk for Life 1

Sponsored by the

Feldenkrais® Institute of San Diego

800-765-1907 or 619-220-8776

www.feldenkraisresources.com

SAN FRANCISCO BAY AREA

November 1-5

Walk for Life 2 (All are Welcome!)

Sponsored by

Feldenkrais® Resources Training Institute

510-540-7600

www.FRTIBerkeley.com

JOIN US

TO EXPLORE

EXCITING EVOLUTIONARY PATTERNS

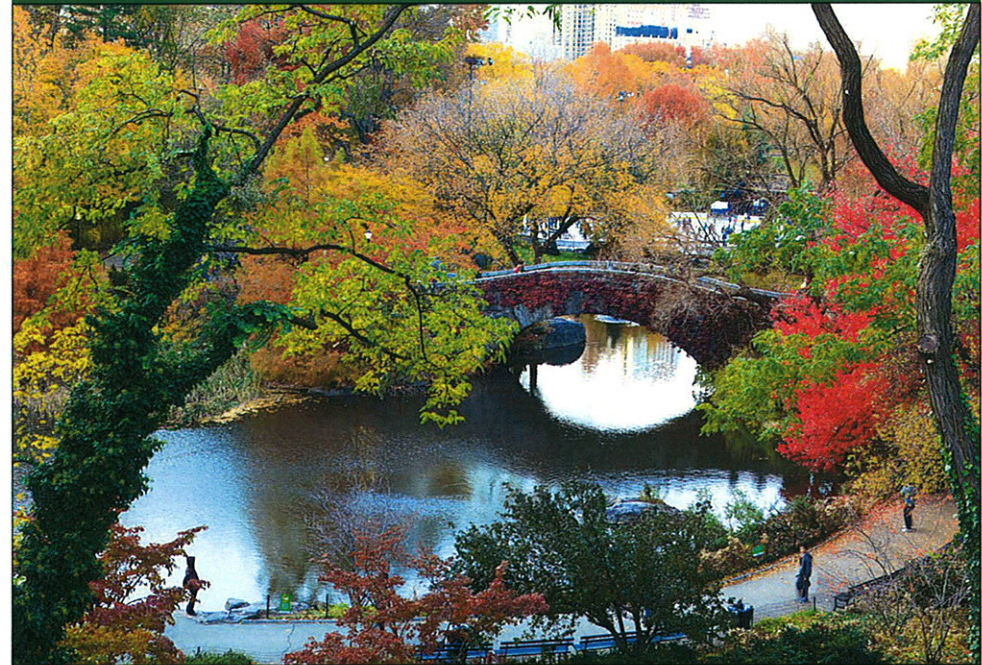
OF LOCOMOTION



Feldenkrais Resources
Training Institute
830 Bancroft Way, Suite 112
Berkeley, CA 94710

Walk for Life

A Dynamic Walking Workshop with Ruthy Alon



*Discover your capacity for comfortable,
powerful and pleasurable walking.*

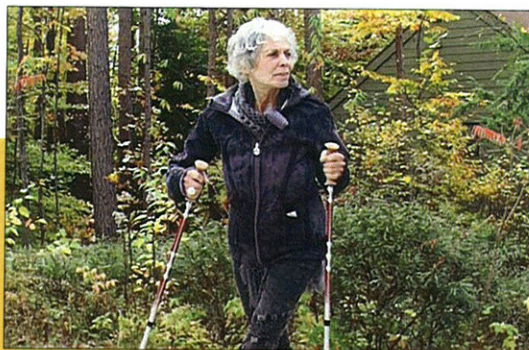
September 25 - 29, 2013

Sponsored by the *Feldenkrais® Institute of New York*
134 W 26th St, Second Floor
New York, New York 10001

www.feldenkraisinstitute.com • 212-727-1014

Walk for Life is a highly effective program designed by Ruthy Alon, a world-class leader in the *Feldenkrais Method*®, specifically to improve our comfort and efficiency in walking. It is a tour-de-force learning opportunity and will benefit anyone who wishes to enhance, protect and invigorate their walking experience.

Walking is important not only because it allows us to move from one place to another as we desire, but also because it increases our flexibility, strength and stamina, and offers us one of life's most rewarding pleasures. Due to the fact that efficient mobility was key to our survival in prehistoric times, walking is an activity that still today, involves some of our most potent neurological patterns. By improving the way we walk, we can improve many of our body's other functions, as well.



Ruthy Alon is an expert in using the *Feldenkrais Method* to regenerate the vitality of bone tissue, and to preserve and restore function. She teaches worldwide and has developed many important programs including *Bones for Life*®, and *Bones for Life: Chairs*. Ruthy is the founder of the Foundation for Movement Intelligence, author of *Mindful Spontaneity*, and has created videos including *Movement Nature Meant*, and *Mindful Eating*. Ruthy is a warm and inspiring teacher with over 40 years of experience. We are delighted to welcome Ruthy Alon to the *Feldenkrais Institute* of New York for Part 1 of her famous *Walk for Life* program.

walk the way nature intended...

Join us to explore evolutionary patterns of locomotion that have proven efficient over millions of years of survival.

This exciting five-day workshop involves a mixture of indoor and outdoor study. Some parts of the workshop will take place at the *Feldenkrais Institute*, and other parts will take place in Central Park. Private transportation between the *Feldenkrais Institute* and Central Park will be provided.

Walk for Life provides an indoor Movement Laboratory to help you discover each of the elements necessary for efficient, comfortable walking:

Coordination: A harmonious coordination between all body parts is key to “quality” walking. Learn unique strategies to awaken your “organic” intelligence, and improve coordination throughout your body.

Propulsion: By refining the alternating shift of weight from one leg to the other, an undulating, rhythmic wave pattern is generated.

Impact: Discover how each step can load your body with a rebounding, upward force.

Alignment: Train your skeleton to align itself for the transmission of a two-way synchronistic force in the most efficient way possible.

Outdoors, in New York's Central Park, we will use walking poles to support and clarify our experience of “quality” walking.

Walking poles are extremely useful because they revive the primal function of our arms, which generates greater mobilization potency. Walking poles also enhance the ballistic factor of propulsion by transmitting a counter-force, which helps to restore the flexibility and articulation of our upper back.

September 25 - 29, 2013 Tuition: \$790

Wednesday-Saturday: 9:30am - 5:30pm

Sunday: 9:30am - 5pm

20% off for Members

10% off for FPTP Trainees

Required equipment: Please purchase these two items in advance, and bring them with you.

Fabric: You will need a length of cotton, 7 meters (7yds 21") x 45" wide. Please note: an ideal fabric is available at JoAnn Fabrics, in the quilter's section, called "Country Classic.

Walking Poles: If you already have walking poles, please bring them with you. If you do not have a pair, we recommend that you purchase a pair called Highland Cork Air Shock, made by Komperdell. These "one size fits all" walking poles have an anti-shock function, cork handle, and a telescoping pole with tips for urban settings.



To join the Institute's group bulk-order of Walking Poles, please call (212) 727-1014 before Friday June 28.

