

Taiji & Feldenkrais with Katarina Halm

<http://thinkinginmovement.ca/somatics/feldenkrais-taiji/>

Level 3 - Senior Instructor Canadian Taijiquan Federation

<http://www.canadiantaijiquanfederation.ca/british-columbia-tai-chi-school-directory>

Teaching includes Taiji classes and tutorials for beginners and those who are teaching the 24 Yang form

Practice and teaching includes Taiji essentials for earthquake preparedness, response, recovery.

☉ Move, Focus, Prepare! (MFP)

Taiji, Feldenkrais®, Focusing, Movement Intelligence

~ The comfort of being prepared ~

MOVE:

Develop skill to move through unusual circumstances.

FOCUS:

Focus on options for preparedness.

PREPARE:

Prepare for Earthquakes.

CONTACT: <http://thinkinginmovement.ca/contact/>

Thinking in Movement

Katarina Halm M.A., CFT, GCFP

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COMMUNITY PRACTICE

MONDAY & TUESDAY Evenings 6:00 – 6:30 PM

by donation to our sponsor

Dunbar Earthquake and Emergency Preparedness (DEEP)

* Basketball court behind the Dunbar Community Centre, 4747 Dunbar St, Vancouver BC
(along the path South from of 31st Ave & North from Highbury Street)

* Benches for some sitting practice.

* Two small covered areas in case of rain.

CLASSES

TUESDAY Mornings 11 AM – 12 PM Online

WEDNESDAY Evenings 5:15 – 6 PM

#104 MacDonald Professional Centre, 2786 West 16th Ave, Vancouver BC

\$25 single class /\$75 prepaid 5 classes
Work-study Scholarships
Continuing Education Credits

More information:

<http://thinkinginmovement.ca/somatics/feldenkrais-taiji/>

Questions, wishes or to book additional lessons:

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TAIJI & FELDENKRAIS®

Taiji and Feldenkrais share several principles: combining these practices in our study will provide a bird's eye view of how they enhance each other. If you wish to learn the basic elements of Taiji, or have a long time practice of Taiji, these lessons are an opportunity learn about its relation to Feldenkrais.

During the lessons we explore the commonality of **Feldenkrais® and Taiji** as a graceful means to maneuvering through complexities.

Moshe Feldenkrais was an expert in Judo. Feldenkrais® practice emphasizes the Taiji principle of '**reversibility**' which includes an ability to turn in any direction without hesitation. Taiji can be enriched by the Feldenkrais study of '**skeletal consciousness**' (Jeff Haller): we learn 'self-organization and grounding to produce powerful movements'.

BACKGROUND KATARINA HALM

I began martial arts with a study of Aikido in order to learn how to fall safely in my work as a dancer in Ballet and musical theatre. In 1970 I moved from the San Francisco area to Vancouver, BC to teach Ballet for Norbert Vesak at his West Vancouver School while he traveled to choreograph for the Royal Winnipeg Ballet. In addition to teaching Ballet I studied Yang style Taiji in Vancouver with Sam Masich, Shou Yu Liang, Raymond Chung. Since 1991 I have been teaching Taiji in Vancouver and Victoria, British Columbia. I completed certification in the Feldenkrais® Method of Somatic Education with Jeff Haller in Victoria 2006.

During the International Feldenkrais Conferences 2012, 2013, 2014, I offered informal Taiji lessons in the early mornings. The response was heartening, We will be continuing Feldenkrais & Taiji daily practice at the 2017 Feldenkrais Conference!

BIO:

In 2016 Katarina celebrated ten years teaching Feldenkrais®. She has served as a Level 3 Senior Instructor with the [Canadian Taijiquan Federation](#) since 2011. Her martial arts studies began in Aikido with Robert Nadeau, San Francisco 1965-70 followed by Taiji training with Sam Masich in Vancouver BC. Katarina continues studies with [Masich Internal Arts](#) and currently participates in Jeff Haller's [IOPS](#) Academy (IOPS = Ideal Organization + Profound Strength) where martial arts complement Feldenkrais.
