

Reframing Walking ~
Advanced Training with Larry Goldfarb Ph.D.
February 5 to 7 & Public Workshop Feb 6, 2021

~ a wonderful event! below are the Eventbrite sign up links and information, along with separate time links for the sessions ~ with appreciation from Katarina Halm

ADVANCED TRAINING REGISTRATION [FGNA Midwest Region 2021 Conference with Larry Goldfarb Ph.D. Advanced Training 5 to 7 February 2021 Public Workshop 6 February 2021](https://www.eventbrite.com/e/135404411239) (<https://www.eventbrite.com/e/135404411239>)

TIME LINKS FOR EACH OF THE SESSIONS

Friday, February 5, 2021

— 9:30 AM to 12:30 PM Central Time [Larry Goldfarb Reframing Walking Fri, Feb 5 session #1](#) (9:30am-12:30pm CT) [Click for your time!](#)

— 2:00 to 4:30 PM Central Time [Larry Goldfarb Reframing Walking Fri, Feb 5 session #2](#) (2:00 to 4:30 pm CT) [Click for your time!](#)

Saturday, February 6, 2021

— 9:30 AM to 12:30 PM Central Time [Larry Goldfarb Reframing Walking Sat, Feb 6 session #1](#) (9:30am to 12:30 pm CT) [Click for your time!](#)

Public workshop + Advanced training

— 2:00 to 4:30 PM Central Time [Larry Goldfarb Reframing Walking Sat, Feb 6 session #2](#) (2:00 to 4:30 pm CT) [Click for your time!](#)

Sunday, February 7, 2021 — 9:30 AM to 12:45 PM Central Time [Larry Goldfarb Reframing Walking Sun, Feb 7 session #1](#) (9:30am to 12:45 pm CT) [Click for your time!](#)

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PUBLIC WORKSHOP

[REGISTRATION: Reframing Walking ~ a Public Workshop with Larry Goldfarb Ph.D. February 6, 2021](#)

(<https://www.eventbrite.com/e/137350163035>)

[\(9:30am to 12:30 pm CT\) Click for your time](#)

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Separate time links for the sessions added with appreciation from Katarina Halm

FGNA Midwest Region 2021 Conference with Larry Goldfarb Ph.D. **Advanced Training** 5 to 7 February 2021 **Public Workshop** 6 February 2021

In 2020, movement scientist and Feldenkrais® trainer, Larry Goldfarb, Ph.D., introduced a new twist on Moshe's method: a series of Awareness Through Movement® lessons you do while standing in a doorway. The door frame becomes a kind of "jungle gym" for improving coordination, orientation, and balance; one that's easy to return to during the day to refresh and continue to refine your learning.

The curriculum for REFRAMING WALKING is built around two of Larry's innovative ATM® classes done in the frame of a door. During this advanced training, you will:

Experience two lessons in the doorway.

- Unpack the learning logic and compositional structure of these ATMs.
- Relate each lesson to observing, understanding, and working with walking.
- Apply the score of each class to working with individuals, in-person and online.
- Explore their application in your personal practice and professional endeavors.

While Larry will be presenting a conceptual framework, the emphasis will be on experiential learning.

On Saturday morning, smack dab in the middle of the advanced training, Larry will teach these same two ATMs — which you'll have done and discussed on Friday — as a half-day mini-workshop, which is open to public enrollment. The mini-workshop provides the direct experience of how to contextualize lessons in a real-life learning situation."

That afternoon will be a debriefing session, time to reflect on what happened during the workshop, what can be learned and improved, and how you can apply it in your work. Larry will propose what you could do next with a Sunday morning takes a step to the latest development: giving individual lessons remotely. Larry will identify what he's learned about the most — and least — effective ways of working online. You'll then get to play a couple of learning games to add these tactics to your repertoire.

Participation in the advanced training program is open exclusively to Feldenkrais teachers and trainees.

FGNA member: \$135.00 starting January 26, 2021

Certified non-member: \$235.00 starting January 26, 2021

Your tuition includes access to the digital audio recordings of the advanced training and public workshop on the Mind in Motion Online Library.

Separate time links for the sessions added with appreciation from Katarina Halm

Participation in Saturday's Reframing Walking workshop is open to the public.

Public workshop: \$65.00 starting January 26, 2021

Your tuition includes access to the public workshop's digital audio recordings on the Mind in Motion Online Library.

Feldenkrais Guild® of North America

2021 Midwest Region Conference

REFRAMING WALKING

February 6, 2021

A public workshop with

Larry Goldfarb, Ph.D.

Would you like to improve how you walk?

Whether the challenge is going uphill or upstairs, or down, or if it's getting across town or the room, whether you're looking to make upright locomotion less effortful, more comfortable, or more efficient, you probably already know how challenging this can be.

Sometimes changing shoes does the trick.

Sometimes getting stronger helps.

But it can be tricky, can't it?

That's because there's this other dimension at play.

Coordination. How your nervous system orchestrates the action of your musculoskeletal system.

The tricky part is that walking is one of those complex movement patterns that you learned so well that it's on autopilot now. You do it without thinking. And just thinking about it won't change it.

Or, if you are dealing with pain or have lost, for whatever reason, this automatic coordination, you are already all too aware of how intricate this action is and just how difficult it is to think your way through improving it.

Separate time links for the sessions added with appreciation from Katarina Halm

Improving how you move means enhancing your coordination and revising the autopilot, which requires harnessing your brain's lifelong ability to update, remap, and rewire. That's what this workshop is about: changing your ingrained way of walking, not through exercise of the physical or mental kind, but through neurophysical learning.

- You'll do that by participating in a couple of contemporary Feldenkrais® movement classes that you do standing in a doorway. Each lesson is carefully designed to help you uncover how your habits interfere with optimal body mechanics and unlock the joy of easier walking.

- You'll learn ways to use the doorway to improve your walking after the workshop. And you'll receive the audio recordings of the lessons so that you can continue to explore them on your own.

- Your guide will be a movement scientist, multimedia author, and Feldenkrais® teacher and trainer, Larry Goldfarb, Ph.D. He has led public workshops, professional seminars, and professional training programs in Europe, Australasia, and North America for over forty years. Larry writes a blog about coordination, learning, and human potential called Wrestling for Higher Consciousness.

Reframing Walking will be happening online on:

Saturday, February 6, 2021 — 9:30 AM to 12:30 PM Central Time [Larry Goldfarb Reframing Walking Sat, Feb 6 session #1 \(9:30am to 12:30 pm CT\) Click for your time!](#)

Participation in the Reframing Walking workshop is open to the general public. There is no prior experience required.

Early Bird public workshop: \$55.00 until January 25, 2021

Public workshop: \$65.00 starting January 26, 2021

Please note that this workshop features Feldenkrais lessons done standing in a doorway, holding onto or touching the door's frame at times.

To participate, you'll need the following:

- A computer or mobile phone with a microphone, speakers, and screen.
- Having a camera makes it possible for you to be seen by the instructor but is not required.
- You can also call into the workshop on any phone.
- A doorway you can stand in comfortably (and touch the sides of, keeping your elbows slightly bent).
- A chair.

After you enroll in the workshop, you will receive a link to sign up for the Zoom meeting.

Separate time links for the sessions added with appreciation from Katarina Halm

Your tuition includes access to the public workshop's digital audio recordings on the Mind in Motion Online Library.

Questions?

Contact:

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