

The Workshop

Focus:

We'll develop an understanding of proximal movement and how it can be used to change the experience of chronic difficulty.

Process:

The usual suspects will be rounded up -- ATM, FI, informal lectures, small groups, sharing with the big group, maybe even an assignment to complete before arrival.

I'll create a safe space and you may quickly find that you aren't afraid to say that you didn't get "it," you'll be taken seriously and have fun without being made fun of, because your learning is more important to me than my ego. The small size of the group will ensure that you'll get lots of attention from me & opportunities to get your Q's A'd.

Outcomes:

- You'll know how to figure out what's proximal movement and what's not, why it matters and how to use it.
- You'll feel it in your own body and understand how it works in ATM & FI.
- You'll have a theoretical understanding of the elements involved, and new options for applying them in the concrete environment of your practice.
- You'll go home with ideas on how to further your learning while you work with your clients, and you'll have new confidence in your ability to help your students feel a difference that they can retain with ease.
- You'll have other ideas to ponder, too!



When you don't try to "do it all" in one lesson, you make a huge difference for you and your client. You'll be amazed at how easy it is for both of you to let go of your inability!

The Trainer

I studied with Moshe in the first San Francisco training. I was one of the slower learners from SF '77, and I'm well aware of how it feels not to see what "everybody else" does. This is a motivating factor in my work as a trainer, and in developing this series of advanced trainings.

I traveled with Moshe on his Quest workshop tours all over the US in the early 1980's. I've been a trainer since 1991, teaching in Europe, Australia, New Zealand, Israel, Canada and the US. I've taught at many of our conferences, and am known for creating a safe learning environment, and helping people grasp subtleties that make FI clearer to both the practitioner and the student. My attention to detail can help you move your work to a new level, and my sense of humor keeps everything in perspective.



Check this out!! -- See the plane in the background? I was traveling home from teaching in Germany when the pilot made an unscheduled stop at Denver International Airport to let off the crazy guy who tried to open the door at 30,000'! If I can laugh about that, I can certainly help you get some perspective on filling in the gaps in your knowledge!!



The Details

Less Elusive, More Obvious workshops are limited to an intimate number of participants. This workshop will include 15 teaching hours (see schedule below). Please plan to arrive early enough to get settled so that you don't miss the orientation that will guide our weekend!

Dates and times: March 19 - 21, 2010
Friday, 6-9 PM (please eat beforehand!)
Saturday, 10-1 and 3-6
Sunday, 9-12 and 1-4

Location:

5000 Harville Rd.
Santa Rosa, CA 95409

Cost: \$225

I intend to provide excellent advanced training at a reasonable price, so there's no "Early Bird" -- if you want to come, please register now, to ensure that you get a space!

Registration & General Questions:

To register and for general questions, call or email Bridget Palmer - (707) 483-5800 or bridget@artoflivinginstitute.org
To hold your place, send a check [payable to Allison Rapp] for \$100 to Bridget, at the "Location" address above. Bring a check for \$125 on the 19th. It's that easy!

Questions for Allison?:

530-274-1164
(Pacific Time!)
OR
ARapp@aol.com



Your mat is waiting for you!

I believe that Advanced Training
can be fun, eye-opening,
community-building,
convenient and affordable.

It can raise your self-esteem
by helping you
to know more of what you're doing.

There are no secrets...

only things we haven't
seen, heard, felt, or understood
...yet.



The right conditions can make it possible.
The right setting can make it pleasant.
The right trainer can make it easy.

Getting Here

Part of the North Bay, Santa Rosa is located at the intersection of Highways 101 and 12 in Northern California.

Oakland and San Francisco Airports are about 90 minutes to the south.

Horizon Airlines services Sonoma County Airport, about 20 minutes from the training location.

Being Here

Allison likes to play full out and hopes you do, too! Arriving on time and staying till the end are important because this workshop will build on itself like the pieces of puzzle, so please plan to be present for the entire workshop.

Staying Here

Being in the heart of the wine country, Santa Rosa has many accommodation options.

We will be meeting on the east side of Santa Rosa. The zip code of the area is 95409. Nearby hotels include:

- Motel 6 and Travel Lodge
- The Flamingo Hotel & Resort (www.flamingoresort.com),
- Hillside Inn (www.hillside-inn.com)

Eating Here

Possibilities for lunch are abundant, either within a short drive, or sharing that time with others at Bridget's beautiful home and studio, situated on 6 acres in the country.

Once we are all in the same room, we'll make plans for a dinner party on Saturday evening at a local restaurant, for all who want to spend that time together.

Hope to See You Here!



Advanced Trainings
for
FELDENKRAIS® Practitioners
with
Allison Rapp
Guild-Certified Trainer

PROXIMAL MOVEMENT

March 19-21, 2010
Santa Rosa, CA