

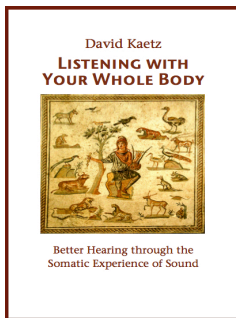
**** Note New DATES below, starting one month later than previously announced ****

LISTENING WITH YOUR WHOLE BODY™

An introductory course for Practitioners and Students of Somatic Education, Professional & Student Musicians, & Psychotherapists. Optimized for participants located in North America & the Antipodes.

Listening with Your Whole Body™ is an innovative, integrative approach to improvement of the auditory sense, developed and taught by David Kaetz, Canadian musician and Feldenkrais practitioner. As the Feldenkrais® Method seeks to transform habitual movement patterns with awareness, in this course we use awareness to transform habitual ways of listening (or not listening). A shift in the locus, manner, and attitude of listening leads to surprising improvements in the quality of hearing, opening new doors to relationship with oneself, with others, with nature, and with music.

The scientific, aesthetic and philosophical premises of this work can be found in David's book (available in the Antipodes through *feldebiz*, and in North America through *The Feldenkrais Store* and *Feldenkrais Resources*), entitled *Listening with Your Whole Body*.



The course involves a series of lessons—some more active, some more meditative, some integrating the voice with movement—in sitting, lying, and standing. We listen at intervals to music samples to observe how the auditory experience develops with changes in body/mind. There are opportunities to ask questions and share what has happened in the course of the lessons. Thus, the group itself is a part of the learning. To optimize the learning environment, a technical rehearsal is organized before we start. A laptop or desktop computer is required, as well as external monitors or speakers, adequate bandwidth, and a space where you can work without interruption.

The course consists of seven 2.5 hour ZOOM classes plus a technical rehearsal. Altogether, there are eight meetings over a span of 6 weeks. This course will be taught in English.

The schedule (subject to fine adjustment) looks like this:

The technical rehearsal:

- **North America: Tuesday, May 4.**
- **The Antipodes, Wednesday, May 5.**

The 7 classes:

- **North America, 6 consecutive Wednesdays, starting May 5th, with a seventh session on Thursday, June 10.**
- **The Antipodes, 6 consecutive Thursdays, starting May 6th, with a seventh session on Friday, June 11.**

The start times, depending on where you are:

- **4 pm on the west coast of North America**
- **6 pm Central time (Chicago, Winnipeg)**
- **7 pm Eastern time (Boston, NYC, Toronto, Montreal)**
- **8 pm Atlantic time (Maritime provinces)**
And (+ 1 day)
- **8 am in Perth**
- **9 am in Kyoto**
- **11 am in Melbourne**
- **1 pm in Auckland**

The cost for the course is \$360 Canadian Dollars (CAD). Payment method and detailed information on software and hardware requirements will be covered in a letter to interested parties. Individual lessons are also available.

If you are interested, please let me know at this address at your earliest convenience: davka@pobox.com

Take Good Care, David Kaetz