

Listening with Your Whole Body™ is ...

- a new approach to the improvement of hearing and the refinement of perception in general. It was developed by David Kaetz, a Canadian musician, writer, and Feldenkrais teacher.
- a user-friendly and non-technical method, whereby people can modulate their own perception by self-observation and gentle exercises. It is an integrative approach, based on a global, systemic attitude to the whole perceiving person.
- informed by the teachings of Moshe Feldenkrais; ancient and modern acoustical research; contemporary neuroscience; traditional spiritual disciplines; years of experience as a musical educator, therapist, and performer of classical, jazz, folk and improvised music.

Who will benefit from ***Listening with Your Whole Body™*** ?

- All people for whom hearing and listening are central to their lives, including but not limited to: somatic practitioners, musicians, psychotherapists, counsellors, clergy, actors, teachers, parents, partners, and those in any walk of life who are facing auditory challenges. If you are wondering if this seminar might be of use to you in your particular situation, feel free to contact the organizers of the workshop with your questions.

How does ***Listening with Your Whole Body™*** work in practice?

- ***Perception takes place in the brain.*** Of course, the ear is the bigger part of hearing, as the leg is the bigger part of running. But one cannot improve the *quality* of running by addressing the leg alone. Likewise, every part of us is involved in perception: our movements, our breath, our thinking, our attitudes, and our brain. Thus, we start with practical exercises which help us to tune in, very concretely, to what is happening throughout our body/mind.
- ***Sound is quite literally movement.*** Hearing happens when we are moved in some part of us, whether it is our eardrums or the soles of our feet, or, most likely, both. Tuning in to the movement that is sound is described in this work as *embodied listening*. Listening in an embodied way, we experience our own voice, the voices of others, the songs of birds, rustling leaves, flowing water and music (live and recorded) ... as movement in the body.
- ***Whether your hearing is excellent or compromised,*** mobilizing the resonant capacity of the whole body supports and complements the work of the ears in surprising and enjoyable ways, adding dimensionality, presence, colour and texture to your auditory experience. Moreover, better hearing is not the only positive outcome of *embodied listening*. Tuning into sound as movement in the body tends to induce a change in brain function. This neural and perceptual shift opens a path to profound changes in our personal, social and artistic lives and, perhaps most importantly, to the recovery of our kinship and harmony with the rest of creation.