

ON-LINE COURSES

Listening with Your Whole Body™ is a somatic approach to better hearing, developed by David Kaetz, Canadian musician and Feldenkrais practitioner.

This is an integrative approach to the auditory sense; it is about more than your ears. Our goal is to help you acquire (or re-acquire) a unified, full-bodied, and thoroughly enjoyable auditory experience ... and this involves all the senses and the entire body/mind opening to new dimensions of perception.

The introductory weekend workshops scheduled for 2020 for Canada and Europe have naturally been put on hold. Meanwhile, I am offering the course on-line via Zoom. The content is similar in most respects to that of the weekend workshop, re-organized as a series of six 2-hour classes; one class per week over six weeks.

How can this very experiential work be done by video-conference?

I will be sharing musical examples with you. We will be doing a series of exercises—some more active, some very meditative—in sitting, lying, and standing—some using the voice, some not. We return at intervals to the musical examples to observe how the auditory experience develops and evolves with changes in body/mind. There are also opportunities to ask questions and discuss what has happened for you and within you in the course of the lessons. Thus the group itself remains important in the learning experience, on-line as well as off-line. To optimize the quality of sound for each participant, technical guidance is supplied, and a technical rehearsal is organized before we start. External monitors or speakers are recommended.

This six-week series of ***Listening with Your Whole Body™*** will be offered several times over the next year. There is one series starting on July 9, 2020, and there will likely be another starting in September. The July/August course will be presented in English. A subsequent course will be offered in German. The timing of these courses has been optimized for participants in North America and Europe. If there is sufficient interest in other regions, groups can be organized to accommodate their time zones.

More information on request. If you are interested in joining one of these groups or doing individual work with perceptual issues, please send me a note.

There is a book (*Listening with Your Whole Body: Better Hearing through the Somatic Experience of Sound*) that provides the philosophical premises and scientific background for the course. The book is available from *The Feldenkrais Store* and *Feldenkrais Resources*, as well as directly from the author.