

General Introduction to Body Warm-ups for Writing and Role-Play

How can these lessons benefit you?

These movement lessons are based on and dedicated to the work of Dr. Moïse Feldenkrais, a European physicist, engineer and martial artist, who developed a method to improve the ease, flexibility and range of motion for every day movements such as walking, standing, and sitting in a chair. By following a sequence of gentle, slow, exploratory movements, with increased awareness and concentration, you can discover your own habitual ways of moving that are not making use of your full potential.

Developing more awareness in movement, and catching old patterns that unnecessarily limit you, can also improve your overall sense of well being. How you move physically and how you feel mentally are interconnected. When you change old patterns of movement, this also helps to free up old patterns of behavior. By becoming more conscious of what you are doing, you have greater options available to you.

How can these lessons help prepare you for your role-play characters?

By exploring various options of movement, you can develop a greater eye for detail in both yourself and your designated Role-play character. The role-plays provide a limited amount of information: the character's name, place of origin, key issue in the situation, and a bit of personal background. Everything else can be your own interpretation. For example, what does your character look like physically in the way they move? How do they walk across a room? What is the expression in their eyes? How do they drink a glass of wine? How would they pick up a puppy? What is their posture while sitting at a computer? What kind of dancers are they? These lessons can help to refresh the natural powers of your imagination and attitude of playfulness that came naturally to us as children years ago.

General Recommendations for the movement lessons?

- * Find a quiet room where you will not be disturbed or distracted for 15 - 20 minutes
- * Have a floor mat available and a rolled up towel ready to use or head support
- * Wear loose, comfortable clothing
- * Remove jewelry, eye glasses and anything that might poke into you
- * Move slowly (think like a snail or a slug)
- * Don't do anything that hurts
- * Don't go beyond your range of comfort (this is not a contest)
- * Between repetitions, pause, then do the movement again as if for the first time
- * Rest whenever you need to
- * While you are resting, pay attention to any changes in feeling, sensation, images that come to mind, note any differences between your left and right side.
- * After each lesson, take a few minutes to stay quiet to integrate what your brain and body have learned.
- * If you have the time and while the movement exploration is still fresh, do some follow-up activities that are included with every lesson
- * Have fun!