

Never Stop:

The Artistry of Self-Care and Creativity
for Lifelong Embodied Performance

FELDENKRAIS® AWARENESS SUMMIT

[Timezone converter](#)

October 25 - October 30, 2021

Your Summit Schedule

Identify the sessions you don't want to miss. From the time a session is released, you will have 48 hours to access and to watch each session.



Keynote Speakers

OCTOBER 25TH

Live Event with Host Cynthia Allen

Martha Eddy - Noon EDT

Somatic Performance: A Healing Force for Change

[Add to Calendar](#)

Donna Blank - 5 PM EDT

Bringing our Whole Selves to our Art Form

[Add to Calendar](#)

My notes:



DAY 2

How to Learn/How to Teach

OCTOBER 26TH

3 AM EDT - Pre-recorded items released

[Add to Calendar](#)

Awareness Through Movement Lessons

Ed Woodall: *A Scan*

Erin Finkelstein: *Finding your Magic Zone: Playing From Your Pelvis*

Sarah Templeton: *Refining Imagination*

Lisa Hueske: *Spine Like a Chain Variations*

Speaker Interviews

Uri Vardi: *Working with Musicians*

Ami Shulman: *The Movement of Attention*

Audrey Pernell: *Following Your Voice: An introduction to Roy Hart Work*

Chrish Kresge: *Feldenkrais, Self-Image and the Actor*

Noam Holdengreber: *The Singer as Conductor of the Self-Orchestra*

LIVE Panel Discussion 5 PM EDT October 26th

Live Event with host Michael Landau

5 PM EDT - Dr. Kene Igweonu and Mary Spire

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DAY 3 Creativity

OCTOBER 27TH

3 AM EDT - Pre-recorded items released

[Add to Calendar](#)

Awareness Through Movement Lessons

Erin Finkelstein: *Sitz Bones Support your Jaw and Face . . . and Everything in Between!*

Ed Woodall: *Reaching Up*

Lisa Hueske: *Bending Sideways on the Back*

Sarah Templeton: *Creating Character*

Speaker Interviews

Miguel Gutierrez: *You Do You: A Talk About Art Making and Teaching*

Aliza Stewart: *Movement, Sound and Musical Imagination*

Maggy Burrowes: *Charisma and Creativity: Potency in Performance*

Lavinia Plonka: *Your Creative Body*

LIVE Panel Discussion 5 PM EDT October 27th

Live Event with host Nancy Wozny

5 PM EDT - Sondra Fraleigh and David Hall

[Add to Calendar](#)



DAY 4 Injury: Prevention or Healing

OCTOBER 28TH

3 AM EDT - Pre-recorded items released

[Add to Calendar](#)

Awareness Through Movement Lessons

Erin Finkelstein: *Coordinating Flexors and Extensors: A Novel Way to Rid Yourself from Shoulder Tension*

Lisa Hueske: *Tripod Spiral*

Ed Woodall: *From Sitting to Standing*

Sarah Templeton: *Being Specific*

Speaker Interviews

Marek Wyszynski: *Dancing in the Zone: Keys to Injury Prevention*

Marina Gilman: *Maintaining Your Healthy Voice*

Lisa M. Burrell: *Musicians' Injury: Rethinking Practice and Pedagogy*

Victoria Worsley: *Learn Your Way Out of Injury (And Enhance Your Acting Too!)*

LIVE Panel Discussion 5 PM EDT October 28th

Live Event with host Nancy Wozny

5 PM EDT - Paris Kern and Darcia Dexter

[Add to Calendar](#)

My notes

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DAY 5

The High Performing Artist

OCTOBER 29TH

3 AM EDT - Pre-recorded items released

[Add to Calendar](#)

Awareness Through Movement Lessons

Lisa Hueske: *Sitting Back Towards the Heels*

Erin Finkelstein: *Seeing your Neck, Shoulders and Hands More Clearly*

Sarah Templeton: *Playfulness*

Ed Woodall: *Exploring your Four "Points"*

Speaker Interviews

Katie Bull: *Vigorous and Vibrant: A Whole Body Voice(c) Approach to Meet the Demands of the Rigorous Performer*

Gabrielle Lamb: *Sparkling the Choreographic Imagination*

Scott Illingworth: *Actors and Embodied Tools*

Alan Fraser: *Everything You Do, Sounds: Honing the Physical to Enhance the Musical*

LIVE Panel Discussion 5 PM EDT October 29th

Live Event with host Michael Landau

5 PM EDT - Robert Sholl and David Daniel Bowes

[Add to Calendar](#)



DAY 6

Impacting the World

OCTOBER 30TH

3 AM EDT - Pre-recorded items released

[Add to Calendar](#)

Awareness Through Movement Lessons

Sarah Templeton: *Spontaneity*

Erin Finkelstein: *Breathing the "Wrong Way": Finding Skeletal Rib Movement for Increased Air Support*

Lisa Hueske: *Sitting Up Along the Diagonal*

Ed Woodall: *Coming to Stand from the Floor*

Speaker Interviews

Joyce Lu: *Forward Facing Feldenkrais: How the Method Might Move Us*

Thomas Kampe: *Beyond Self-Activation: Somatic Tools for Social Change?*

Sharon Costianes: *Empowering Embodied Voice for Social Justice*

Emma Alter: *Imperfection in a Perfectionist World: Working in Classical Music*

LIVE Panel Discussion 5 PM EDT October 30th

Live Event with host Cynthia Allen

5 PM EDT - Antonio Ramos, Dr. Rainy Demerson and Frederick Schjang

[Add to Calendar](#)

My notes: