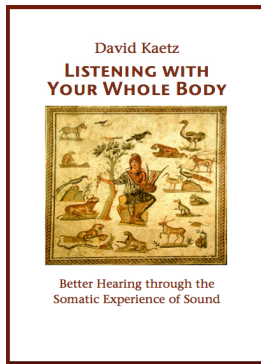


# LISTENING WITH YOUR WHOLE BODY™

**An introductory on-line course for the New England Region (and beyond).  
For Feldenkrais Practitioners and Trainees, as well as Professional & Student Musicians,  
September/October, 2021.**

*Listening with Your Whole Body™* is an innovative, integrative approach to improving and cultivating auditory perception, developed and taught by David Kaetz, Canadian musician, author, and Feldenkrais practitioner. As the Feldenkrais® Method seeks to transform habitual and largely unconscious movement patterns with awareness, in this course it is patterns and habits of perception that are re-organized and transformed. In particular, a shift in the locus, manner, and attitude of listening can lead to surprising and delightful improvements in the quality of hearing, opening new doors to relationship with oneself, with others, with nature, and with music.

The scientific, aesthetic & philosophical premises of *Embodied Listening* can be found in David's book, *Listening with Your Whole Body*. (Available in the U.S. through *The Feldenkrais Store & Feldenkrais Resources*, in Europe through Chava Shelhav's *Feldenkraiszentrum*, in the Antipodes through *Feldebiz*, & elsewhere directly from the author.)



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.

Altogether, there are eight meetings over a span of 6 weeks (seven 2.5 hour ZOOM classes plus a technical rehearsal of an hour or less), each meeting starting at 1 PM Eastern Time (10 AM Pacific Time).

The schedule runs as follows (there may be some changes to meet local circumstances):

Technical Rehearsal, Tuesday, September 21<sup>st</sup> (an hour or less)

First class, Thursday, September 23<sup>rd</sup> (2.5 hours)

Second class, Thursday, September 30<sup>th</sup> (2.5 hours)

Third class, Thursday, October 7<sup>th</sup> (2.5 hours)

Fourth class, Thursday, October 14<sup>th</sup> (2.5 hours)

Fifth class, Thursday, October 21<sup>st</sup> (2.5 hours)

Sixth class, Thursday, October 28<sup>th</sup> (2.5 hours)

Seventh class (review and discussion) Friday, October 29<sup>th</sup> (2.5 hours)

The cost for the course is \$360 Canadian Dollars,\* paid in that currency through *TransferWise*.

\*(\$360 Canadian = approximately \$282 USD. approx. €232, and approx. £206, depending on the day).

Details on the payment method and further information on technical set-up will be covered in a letter to interested parties. Individual on-line lessons are also available.

**If you are interested, please let me know at this address at your earliest convenience. Space is limited.**

[davka@pobox.com](mailto:davka@pobox.com)

[www.listeningwithyourwholebody.com](http://www.listeningwithyourwholebody.com)

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