

Title Neurosomatic Variations (NSV) Workshop

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Abstract

Neuro-Somatic Variations (NSV) seamlessly integrates Feldenkrais Awareness through Movement® (ATM) lessons, Integrative Neurobiology and Micro-Phenomenology. NSV sessions typically consist of a thematic based group movement lesson followed by discussion. Different states of awareness explicitly included in NSV sessions include, kinesthetic awareness, proprioception, exteroception, interoception and neuroception (referring to an organism's sense of safety and danger), as well as focal and global attention. NSV sessions integrates top-down theoretical concepts from various fields, including neurobiology and phenomenology with bottom-up somatic movement experiencing reinforcing the neuro-feedback process. This chair-based NSV session will explore movements in various planes in relation with an imaginary clock-face. The particular lesson will highlight the experience of myofascial connective tissue movement. Additionally, it will provide a means of correlating movement variations to embodied apriori conceptual experience of the hours of a clock. This NSV session may be useful in the educational context in enabling students to become more in touch with their embodied selves, to self-regulate their autonomic nervous system, and in terms of relating the conceptual awareness to somatic movement experience.