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## **My teaching experiences 2008-2011 Geneviève Quartenoud - Switzerland**



### **Introduction**

I'm member of the Swiss Feldenkrais Guild since 2000 and I'm teaching groups since April 2000. As I was living in Zug, I began to teach in German and get my professional certification as a *Feldenkrais* practitioner in April 2002 in Maui (Hawaii) with Jerry Karzen. I've also been learning with Béatrice Walterspiel, Jeremy Kraus, Jeff Haller, Myriam Pfeffer, Dr. E. Almagor & A. Krivine, Mia Segal, Julie & Paul Rubin, Russel Delman, Elisabeth Beringer, Angelica Anke-Feldman, Dr. Gregor Risi,...and since 2008 : Ruthy Alon)

Since May 2008, I've been teaching around 400 hours of Bones for Life® :

- 200 hours in weekly class
- 100 hours in individual and/or as homework after an FI.
- 60 hours Basic Program with Certification
- 40 hours in special Workshop (BfL for professional musicians, oriental dancers and eating disorders)

For the Essay, I decided to share with you the following parts my diary :

1. Bones for Life & Nordic Walking (or my very first experience of teaching)
2. Bones for Life in my Feldenkrais weekly classes
3. Bones for Life and eating disorders
4. Surprise : I have integrated a lot of lessons !
5. Bones for Life in individual lesson – could always replace an FI's ?
6. Just explaining the process or also showing it ?
7. Bones for Life for theatre actress
8. Bones for Life to get the posture of the perfect employee
9. Bones for Life and rolling chairs
10. Bones for Life for soccer back pain
11. Bones for life for Telemark skiing
12. Bones for Life for golfing
13. Bones for Life for climbing
14. Bones for Life for running
15. Bones for Life for Oriental dancing
16. Bones for Life together with TCC & EMDR
17. Bones for Life for client with herniated disc and sciatica
18. Bones for Life and Hydrocephalus

## **1. Bones for Life & Nordic Walking** **(or my very first experience of teaching)**

*January 2008. Eurobesitas Meeting. Feedback from the last year training. My suggestion for next year : instead of doing each 3 hours evening one therapy, mix up. Everybody accept it.*

*For me :*

- *Feldenkrais Method & Nordic Walking*
- *Feldenkrais Method & Pleasure of eating recovered*
- *Feldenkrais Method & Oriental dance.*

*I want to learn Nordic Walking.*

*April 2008. Nordic Walking Teacher Training. A Nordic Walking course should have six different parts :*

- *Mobility exercises for the torso, spine, pelvis, neck, shoulders*
- *Body building exercises for legs, calves, arms, torso, back, thighs, shoulders, arms*
- *Balance exercises*
- *Flexibility (with stretching) for torso, hip joint, groin, thighs, gluteus, arms, neck, back and arms.*
- *Coordination : balance, rhythms, reflexes, orientation and differentiation*
- *Relaxation*

*As our group is professional sport teachers, I ask if instead of stretching, we could try some other exercises without stretching. Just to see the differences. And I teach some Feldenkrais basics... The ski teachers find them very interesting and say they will put them in their program. But one aerobic teacher, who is forcing all the time didn't get them ! Her body is powerfully built , but poorly organised. At my eyes she looks miserable but she is very successful !*

*I find interesting to speak and think about the whole program in the very sportive point of view. But will I have fun to teach this way ???*

*May 2008: Back from England, where I met Ruthy for the first time for Segment I. My program for the first Eurobesitas evening is ready, but should I change everything again and teach "Bones for Life" ?*

*Tonight : 3 hours Body awareness & Nordic Walking. With Etienne Lanthetin, (Certified Swiss-athletics and Ryffel Running Trainer).*

*I have spend hours to choose and prepare some Feldenkrais ATM's. But, at the last minute, I choose to go with some processes of "Bones for Life". ☺*

What is Eurobesitas ?

It is a one year medical program for people with eating disorders. The participants have 2-3 evening class and sport per week. (<http://www.eurobesitas.ch>). We are eleven therapists (= eleven methods), one GP : Dr. Dominique Durrer and one University Medicine Teacher : Dr. Yves Schutz.



Some of the Eurobesitas Therapists Team in 2008

*The weather is great, and first we walk 20 minutes (Nordic Walking) along the lake to the next village, La Tour-de-Peilz, where we rent a gym hall. Etienne teach some basic movements and I add little bit of awareness to how they are doing it.*

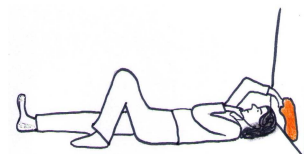
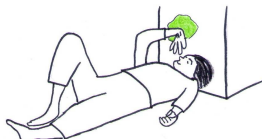
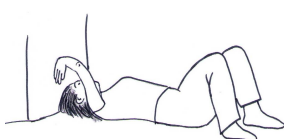
*Nordic Walking may look easy, but it is not. First difficulty for people who haven't been walking on the four : impossibility of going forward with one arm and the opposite leg.*

*Once in the gym, I teach one hour the basics of "Bones for Life" :*

*I explain a bit the Method and we begin with the alignment of the neck and the lumbar.*



*Then, we continue with the wave and the axis.*

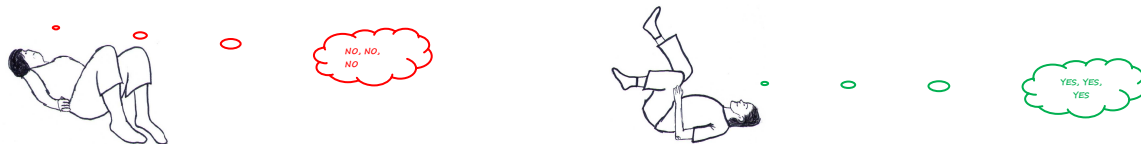


*It is quite difficult for them and at the beginning, most of them need two cushions under the head. At my great surprise, at the end of the lesson, they don't need anything anymore ! Their upper back has completely changed in just one hour ! This is incredible ! None of them had experienced any body work before.*

*Then we take our sticks again and walk back to Vevey. It is easier for all of them and they all feel some more movements in the spine. On the way, I give them some ideas of the Roman Sandal (15) and the Knee Bends a Knee (24)*



*Back in Vevey, we explore the 13 : Tantrum No Tantrum Yes, which remember me in some ways the movement of Nordic Walking.*



*They all do it with all their soul and are completely tired out after it. They enjoy this one especially !*

They talked about it some months later in the program 😊.

It is a very nice experience for me too, I enjoy very much this way of teaching , and I decide to go on with the "Bones for Life".

Issue who comes in my mind during the Trainer Training in Greenfield in 2009

During this training, I can begin to turn my right arm toward the outside, (thumb upwards) for the first time. Now, I believe this is possible. And it is a very nice feeling. It must be the most natural 😊

Now, I am questioning myself : is it cultural in Switzerland that we cannot do it ? In our mountain area, it is common to walk with sticks, or in carrying a backpack, holding the braces in front with the hands, or skiing with sticks (alpine, cross-country..). Does it make our shoulder too much in front ?



Swiss Didier Cuche

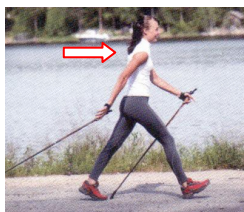


Unknown

Some differences between Nordic Walking and African weight carrying walking

Turning an arm in opening the hand, thumb upwards, is exactly the opposite as we are doing in skiing, walking with stick and especially in Nordic Walking.

We are used to round the thoracic cage each step. Each time that the arm is going forward AND each time that the arm is going backwards ! This is an absolutely gorgeous difference !



Perfect step in Nordic Walking :



African Walk :

It is said that 90 % of the muscles are working with those movements. In Nordic Walking, the goal of pushing the arm backward in this position is to make the triceps working. Which helps not having them hanging like a Flag 😊

Now, let's look the movement of the elbow and the direction of the hand ! The turn of the arm behind is just the opposite !

We can also notice the form of the thoracic cage from behind !



In Nordic Waling, rounded out



In the African walk, curved in

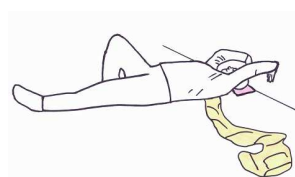
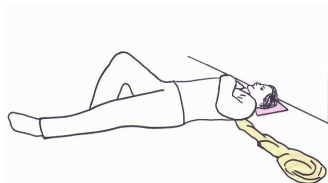
### My experience of learning how to curve in those ribs

January 2011, I take a last minute flight to enjoy Egypt for one week. As I have a little blockage on my thoracic cage, just between the spine and the shoulder blades, I decide to take care of it during the 4 hours flight. As I didn't have any neighbour, I borrow the belt next to me, put the little metallic piece in the stiff place in my back. Keeping the metallic piece during the whole travel, I try all kind of movement with my knees, my pelvis, my arm, and do some breathing staff. I enjoy very much this experience, my ribs starts moving much better, and my right arm gets much lighter.

To my joy and surprise, the next day, I can extend my arm to the ceiling, which I am trying to do since more than 1 year ☺

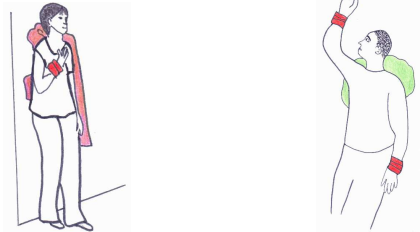
The afternoon, sitting on a chair near the swimming pool, I continue the same idea, my right shoulder blade against the chair. And the African woman walk gets almost as clearer at the right then the left side.

Back from Egypt, I make up an ATM with this idea, lying on the floor, with an knot between the spine and one shoulder blade. Everybody improve their arm movement, and it is especially clear in the walking pattern.



### Personal experience

And now, when I do the number 47, Lifting Weights: safety first, my right arm is twisting.



## 2. Bones for Life in my Feldenkrais weekly Classes

*May 2008, some weeks. Teaching "Bones for Life" in my Feldenkrais weekly Groups.*

*I begin with the basics : Processes 1-13 from June to October with a long break in Summer.*

*November, I am back in England to repeat Segment I and learn Segment II.*

*December-March 2009. I continue to teach Segment I and the half of Segment II.*

*April 2009 : it is time again to go back to England to repeat Segments I and II and learn the Segment III.*

It is a very nice experience to learn and teach, consolidate, clarifying the learning and teach again. It is clear that the learning is never finished, but it was also good to realise that many things were understood and taught OK.

With "Bones for Life", the students **begin to practise at home** ! What they didn't really do with traditional ATM's.

The only thing they are missing is the scanning part : lying down before and after each lesson. They say it really helps them to let go some tensions and figure out what has changed with the lesson.

Sometimes, pretending the room is too cold, or just going directly to an pre-test, I skipped the scan, just to fight against habits. And they can take it 😊

I also enjoy it more and more, and I feel better after every teaching 😊

As after every lesson I was giving my students as homework a piece of paper with some drawings and a small resume of the lesson, I continue the same strategies with the "Bones for Life" processes.

I have nearly finish to prepare the 90 processes and each time I teach them again, I correct them, refine them... and it helps me to understand them more profoundly.

And, last but not least, it helps a lot for my students to practice at home. They add some notes about how they feel afterwards, what they learn... and they all keep them in a nice file. Everything is ready for home learning. ☺

### **3. Bones for Life and Eating Disorders**

*June 9, 2009. Back to Vevey - some groups of students - Eurobesitas Program.*

*This time, we combine 3 domains and therapists :*

- 1. Body awareness (with me)*
- 2. Awakening of the 5 senses (professional actor and self confidence specialist)*
- 3. Eating with eyes closed (with psychotherapist)*

Two weeks ago, we have had a long meeting of half a day to decide the order of the evening. It was a very difficult choice, and we all had to explain what we were doing in order to understand with what we will begin and with what we will end.

Finally we had decided to begin with "Bones for Life" and body awareness, then awakening of the 5 senses and end up with a meal with closed eyes.

*As the students enjoyed the Nordic Walking, they are all looking forward to begin tonight.*

#### *1<sup>st</sup> Step : Body awareness*

As the room is small and all the walls are full of stuffs, I had to choose things in the standing up position and sitting down.

*First, in the standing position, alignment of the neck, of the lumbers and pum pum to wake up after one whole day of work.*

*Then, sit down in spiralling, avoiding the usual compression of the vertebrae of the neck.*



*My goal is to make them aware of the tension they have in the jaw and in the neck when they eat. Maybe, especially when they eat “just a little something”, between the meal, or when the mind is occupied somewhere else.*



*I begin with the 38, to release tension by integrating the pelvis.*



*Then, I choose the process N° 6, Level of pressure, 20 % optimal forces and 7, Simulating the Rots of the teeth. I am thinking that being aware of the forces in the jaw would make them eat more slowly. And maybe change even the taste of the food, which would make them eat less !*



*They enjoyed very much the processes and are looking forward to go on with the next exercise.*

## 2<sup>nd</sup> Step : Awakening of the 5 Senses



*We all sit in a circle, and each one choose an apple from a plate with all kind of apples. Then, with the guidance of Louis-Charles, the actor, we look at it, contemplate it, consider why we choose this one, smell it, eat it in imagination, perform the noise of eating it... and we all get our senses up.*

## 3<sup>rd</sup> Step : Meal

*Now, everybody is ready to get some food :*

*Every participant had to bring a dish and we prepared a great buffet. Everyone cooked some speciality and it looks delightful and smells very appealing. Everyone was asked to choose what he wants and sits at the table. Then we put them all a mask on their eyes.*



*Once their eyes banded, the therapist gives them a little guidance. She asks them how they are feeling, if the food is tasting good... And, most of them breaks their neck in eating, I repeat some neck awareness.*

*Few participants begin to cry during the eating, feeling emotions they were hiding since years, even in individual therapy. All kind of emotions are coming out tonight !*

*And at the end, at our great surprise, ALL OF THEM get a sensation of satiety, most of them for the first time of their life. 😊. They are all surprised that they have enough food with only one plate and they enjoy the food like never before !*

*At the end, a man told us that he is aware now that long term not adapted movement and posture could cause pain.*

*A young woman told everybody that we should organize those "exercises" at the primary school.*

*Many persons told us that they acquaint themselves that they were bending their neck when they eat. Interesting, that is one of the thing they were denying in the beginning of the evening !*

*One person told us that her Osteopath had forbidden her to sit in spiral ! The student couldn't tell us why. To my relief, the Dr. Durrer explains her our point of view 😊*

#### One year later

*June 2009. Same program, different Students and as therapist, the Dr. Durrer is replacing Nathalie. We kept the program, but some things were different. First big surprise : this year, nobody has cooked. Our buffet is only with industrial food ! It is less appetizing then last year !*



*Then group enjoy the evening, but it seems that the process doesn't go as far as last year. I think it is important to have delicious and enjoyable food when we work on our awareness and our senses.*

#### **4. Surprise ! I have integrated a lot of lessons**

*December 2008. I am just back from Dorset, after Segments I and II. I haven't had time to prepare my lesson ! This is the first time it happens in my 10 years of teaching !*

But for the first time, I feel that I have many clear lessons in my body and in my head ☺. So I am going to my classroom, ask my students to lay down for a scanning and I observe them.

Then, I begin with the process 17, Red and Pink visualization.

Nicole tells me she went to another world which she cannot explain with words, Peggy feel her bones stronger; it seems that something happens.

They are looking forward to play with the wrap, so we wrapped ourselves in the Mini Wrap. And we bounced on our feet, and did some Goat Skipping.

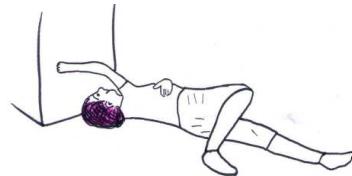


Nicole, who has had since years a big difference of height of her two shoulders, has very quickly two shoulders at the same height. She don't feel it, but she says it's enough she needs to lie down. All of the other ones feel a nice difference in the standing position.

#### **5. Bones for Life in Individual lesson – could always replace an FI ?**

*November 2008 : Kareen is here for an F.I. She has a bad back pain since months and she is only 13. Her back is really curved in and she has difficulty to sit at school.*

*I give her the process 11 : Hand pushes a wall spiralling the spine - Safe arch in elongation. She doesn't feel much. She is a very strong girl and usually doesn't feel much.*



*Then, I guide her through the processes 4 and 5 : The wave and the axis. She realises that her pattern is to curve the lumbar each time she pushes the wall with the foot. When she do it to the other side, she changes her pattern instantly ! Her back has now a better contact with the floor, and her pain went from 7/10 to 5-6/10.*

*I give her a little F.I. on the side, helping the pelvis and the shoulder to move and her pain went to 1/10 ☺ Should I have given her another BfL process ? Or did she needs somebody to touch her ? I don't know !*

In 2011, she doesn't have those strong back pain any more, but her school back bag is much lighter !

## **6. Just explaining the process or also showing it ?**

*November 2008. Carlos has had huge back problems and wasn't able to work since months. Now he began 30 % and it's more or less OK.*

*Today, he wants to improve the left side of the face and he complains that the left eye gets tired when he is working at the computer. Last time he cancelled our appointment, because he had to go to the dentist. I ask him about it and he told me that he is losing one teeth in front. I show him the number 7, stimulating the roots of the Teeth.*

*I ask him to do it 3-4 times a week, with the numbers 4, 5 : Wave and Axis and 11 : Hand pushes a wall spiralling the spine. We repeat the processes together. First I ask him to do them, then I show him once and he does it again.*

*I realise that it really helps people to get it and remember it when they look at how I'm doing it ! Maybe there is something to do with the mirror neurones !*

*At the end, he is sitting better, he says it is easier not to be hunched, he feel more relaxed and on a psychological level, lighter and more dynamic.*

*Like after every Feldenkrais session, he has to learn how to walk again with his new pattern !!!*

#### And more generally

After 3 years of teaching "Bones for Life" and 11 years of teaching Feldenkrais, I realised that most students love to have sometimes the movements showed. They think they will learn quicker. With beginners, I'm fighting to make them find out themselves first.

Sometimes, I am doing the processes with them and sometimes not. I feel this is the right thing. In some Feldenkrais training, I have seen trainer and assistants sitting all day long, looking students doing the wrong movement (which seems to hurt them) during days... I do not like it any more, I even find it stupid ! One of the think I love most in the "Bones for Life" is that the students are able very quickly to find out what they are doing in a way that hurts them. This able them to find out which process will help them in urgency in only some minutes at home. My experience with most of the Feldenkrais workshop is that you fell better after 2 days, but you haven't any idea what changed. This doesn't make you very independent ! This independency, I have found with Ruthy's teaching.

## **7. Bones for Life for Theater Actress**

*November 2010. Pascale is coming for FI's since some years. Today, she is coming to get ready to play theatre. She has a luck of self-assurance and in the last rehearsal, her voice was trembling. Her posture is not as aligned as usual.*

*I choose the process 54 (Hand over hand on the strip), and some pum pum to keep the changes.*



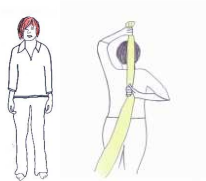
*She directly felt more confident.*

As she is always carrying a scarf, before every representation, she could easily do them. Her voice never tremble and she felt very confident.

### **8. Bones for Life to better introduce oneself (or the posture of the perfect employee)**

*November 2010. Ludivine is coming to get ready for her first appointment for her first job. She is 15 years old. As she is very interested of non verbal communication she wants to be analysed. We decide that I'll play the role of the staff Manager and I'll record it with my video-camera at the same time.*

*As I see that she didn't have a very nice posture. Her whole weight is on the pelvis, her feet are far apart, her back is crunched, her chest is falling down and her voice is a bit unsure. Before looking at the video together, I ask her if she was willing to do some exercises and do the recording part once again afterwards. Maybe we will see interesting differences !*



*She likes the idea and we do together 5 minutes of the process 54 (Hand over hand on the strip). Magic ! Her posture changed ☺ Then we do some pum pum to stabilize. Now, she has some easy tools she can use to find back quickly this nice posture.*

*Then we do the scenario again. I ask her the same questions, but even the answers are different. She is much more self-confident, she is sitting on a chair in a nice way, have the weights shared on both feet and the pelvis, her chest is upright, she still looks relaxed but more motivated and reliable. (what she is !).*

*This is even better then I've had imagined. We analyze together the sequences, and she can see that obviously everything has changed. (the verbal, non-verbal, tonus, voice...)*

*She is very happy of this great experience and feel ready for her first interview. ☺*

## **9. Bones for Life and Rolling Chairs**

*January 2011 I have a new student, Marie-Thérèse. This is not a common student, she is in rolling chair and has multiple sclerosis.*

She wants to improve her transfers; especially from sitting on the toilet back to sitting on her chair. As I'm not very experienced in transfers, I ask her if we could do a lesson at her home, directly with her special installation. She is a little bit stressed to show me what she can do. It seems that all the therapists she met last year didn't listen what she asked, and especially what she wanted to improve ! It sounds like a difficult illness, where it's customary that patients only get worse.

I observe her go sitting from the rolling chair, on the toilet. She is using a lot of force in the arms and neck, and she doesn't find a way to come back. I give her some exercises, some ideas to connect more the arms and specially to think about spiralling a little bit. What, strangely, she absolutely never did. At the end, the transfer needs a little less outside help, and she is very happy and confident that she is still able to improve.

I offer alternately : one lesson lying down my table and one lesson sitting in her chair. I explain her the principles of the wave and axis, and she realises instantly that when she is sitting on the rolling chairs, it is very challenging for her to find her axis. Her left side has been paralysed some years ago and is still not very powerful.

Sitting on chairs, we begin with elements of the process 36 : The function of climbing. She slowly begin to turn her arms and connect them with the spine. This is a great feeling and her arms gets lighter.

Another matter are her feet. She cannot move them anymore, but she still feel them a little bit. As she is very good in imagination, I give her as homework some little exercises to do with her feet in imagination.

Her favourite imagination run away is that runs, holding an horse per his toe. But she can only run very very quickly. I asked her how it is if she begins to imagine running more slowly. And the general feeling disappears. And she could not feel her legs.

To improve the sense of balance of the upper body, I choose the morning towel.



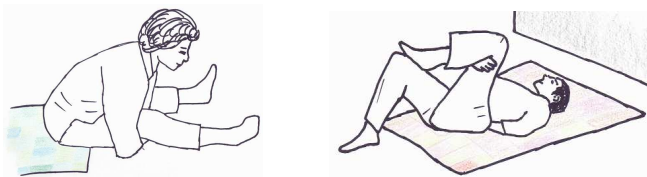
The fact that she could not lying back on her chair during the process will probably help her to find confidence in better stability. One goal is that if she could perform this process comfortably, it'll be registered in her functional memory or self-image as an upgrading of stability.

With the towel, she is be able to reach her shoulder, make it move, and also pull the clavicle bone, the chest... and finally find an upright position without effort, just thanks to more flexible thoracic vertebrae's.

She can use the towel as a lever, in which one of its polarities activates the other. As the left hand has less power, it'll give her the possibility of playing with the differences, and maybe achieving what is usually difficult or impossible to get in contact.

No, thinking of the last principle (movement reinforces context) which dynamic mobilization of the body will established position and reinforce the changes ? I propose something in imagination with the feet, but it could not be quick enough. I try something with the sit bones, same problem. The hands are holding the wrap... And she doesn't really have enough power either in her thoracic cage. But I choose the upper body, and maybe in the future, she'll be able to do it with her breast. Or maybe one day, we'll manage to try it in water together !

When Marie-Thérèse is coming from her bed to her rolling chair, she has to swing to finally fall down in her chair. That is why for next week, I'm thinking of Number 77, Rocking from sitting to lying.



What I find interesting in this process for her, is the awareness of the reversible stage and the non-reversible momentum where she has to swing.

Another important thing is to acquire self-confidence and control in mastering dynamic, quick and weight-bearing movements. And train the skill of changing body position in relation to gravity.

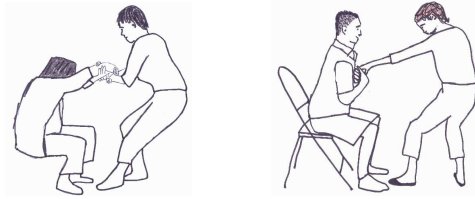
And of course using her hand in holding her feet in the swing !

And use the rhythm as an organization key to facilitate the coordination of the quick movement.

I'm not sure that her back will be able to round. Let's see !

Can we help a person to get up from a chair with the 57 ? Getting up by dragging ?





I was a little bit in a hurry to try it out. Marie-Thérèse has a special rolling chair which she can open and go from the sitting position to the upright position. So to try it out very slowly, we use the help of the chair for doing it.

## 10. Bones for Life for soccer back pain

*February 2011. Sylvain, 13 came for the first time. He complains about back pain since he began school. The pain is on the lumbers, but only in standing up or sitting position.*

*He complains that he oft has to go out of the soccer match during the first part, which is more or less 20 minutes. **But Sylvain can ski for hours without pain.***

### 1<sup>st</sup> Test

*I immediately ask him to find the connection between the bending of the knees and the lumbar's extension. One hand on a chair, one hand on the lower back : each time he bends a knee, I ask him to feel the elongation of the back. And instantly, the pain is gone !*

### 2<sup>nd</sup> Test

*I ask him to lie on the back to check if his knees are too lax. And no surprise, they are ! Each time he stands up, his knees are completely back and locked. So the lumbar are locked and hurts ! When his knees are aligned to his skeleton (like the ski position), the pelvis is free and the lumbar can elongate.*

### 3<sup>rd</sup> Test

*I'm curious to check his ankles. The right ankle has no movement. Probably he has sprained it some time ago.*

Now, why is skiing OK ? In ski shoes, the ankle are hold and do not move. Which is not the case in soccer shoes !

After an FI, I gave him some "Bones for Life" homework : Walk on the knot and The wave and the axis.

After two lessons, he has no pain anymore and his running has already improved.

Is it really a special case ?

In fact, this is one classical in my praxis : Lax knee joints and lumbar pain.

Most of the time, specially with young persons, just explain it, showing it, is enough to change ! And once you know that when your knees are too much backward they locked and it hurts your back, you can easily change.

For Adult, it takes more time. My favourites are :

- Lying on the back, with feet on the wall and pushed with the feet against the wall with one hand under the lumbar.
- Repetition standing up, with one hand on a chair. Bending the knees and elongating the back.
- Aligning the lumbar, elongating the back by shortening the front.

Another classical is the sprained ankles. Most of the time, clients come for pain in the back, sometimes pain in the knee or hip joint. It is funny, in 200 cases, only two times, they complain about pain in the ankle and the fibula, and it was children !

Probably as all the weight is on our feet, it is difficult to feel those sprained ankles. And most of the time, clients had to come 6 times for FI's until the ankles stayed free.

But now, I am giving them "Walking on knot" as homework. I ask them to do it 2 minutes every day. And between 2 sessions, the movement not only stays, but oft, even gets better 😊

Another nice process is "Lifting the heel, keeping the same distance between both tibias". This new JennyFit Process comes from the difficulty of a student to do the Roman sandals. Because of her palmed toes, it was nearly impossible for her to put the weight to the front of the feet. Keeping the distance with a toilet roll makes it possible. And each time she begins to sprain one ankle, the toilet roll falls down 😊



## 11. Bones for life for Telemark Skiing

February 2011. André, a 60 year old very sportive man who has done International Competition in downhill skiing in his youth, is in my praxis for the 4<sup>th</sup> time.

He love learning new sports : golf, running, different kind of skiing... During 50 years of high level sports, he has had some accidents. He knows well his body capacity, and has a very good awareness of his movements. At each appointment, he can explain and show me very clearly which movement he wants to improve. It is always great and interesting.



Today, he wants to improve Telemark-skiing. Each time his right foot is behind, he has a knee pain.

Easy to understand why : his right foot is 20 degrees outside so his knee and foot are not at all aligned. It not possible for him to bend the right knee as much as the left one.

I give him a little F1, and continue with the process 15 : Roman sandal. After one lesson, both feet are aligned and well connected. As he tried the Telemark-movement, he couldn't believe it. He says it is the first time in 20 years that he gets an intelligent Therapy.

Second lesson, I give him "Walking on a Knot", "Knot under the Thoracic Cage" and many processes from the TT with the feet as homework. He did them every days and improve very quickly. And the improvements stay !

Third Lesson. Today, I show him the Mini Wrap. He love it, look at me and says : "you're the MacGyver of the Health". 😊

## 12. Bones for Life for golfing

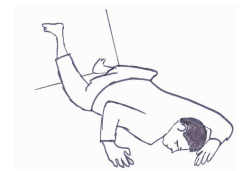


As my Praxis is near a golf place, I have some students who want to improve their golfing. Some years ago, I have been to Germany to learn how to play golf and how to improve with the Feldenkrais method. Now, of course, I am adding some "Bones for Life" in my program.

**1. To help the swing from the foot to the head** and find new range of movements for the shoulders, one of the most powerful is the Function of Creeping (39) :

It helps recovering :

- a good transmission of pressure from the hand through the flexion of the wrist in a right angle
- from the Hand to the bending elbow in a variant angle
- reaching the joint of the shoulder that is connected to the shoulder blade
- From the shoulder blade, thrusting the vertebrae of the spine and return to them their flexibility.



Each time the arms are much lighter, and the tensions are gone. The spine is upright and at the same time more flexible.

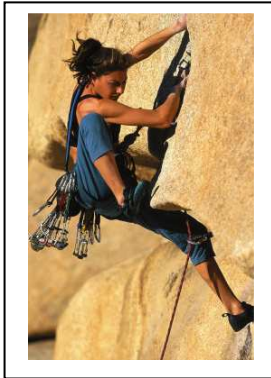
**2. To connect and differentiate the arms and the spine.** In golfing, especially in the twist, this is very important. With the process 31, Twisted Arms, we can work on both.



This helps to regulate a proportional flexibility in the vertebrae of the spine by inhibiting the over-flexible one and articulating the stiff ones.

And then, to acquire the means for enhancing spontaneous uprightness.

### **13. Bones for Life for climbing**



I especially like when students want to improve their climbing. With all those processes (Crawling, Walking on Four, everything to integrate the arms...), we have great tools.

For climbing the greatest for us is that the persons who wants to improve already has realized that they are forcing too much. They know are they are using more force than techniques. We can really help them with the techniques they need and they will naturally forget about using so much force.



For example : Crossed arms (12) : It helps to feel the Axis when in front of a mountain. This helps to free from the usual pattern of pulling with the hands and let the lower back collapse, but instead, use the force from the foot through the pelvis and the spine to the arms. The lumbers and neck are not over-articulating and the stiff vertebrae of the spine begin to differentiate, adjust to the alignment in climbing.



And again, all those great processes for the feet.

Some examples :

*February 2011· Laurent is coming today with a video from his last climbing training· It is great : we can see what he can improve· Obviously, the pelvis has to be able to go more left and right to find a new support for the foot, but the hands do not move, they are holding stones· I teach him the process : Rumba in the Strip· It is very difficult for him and he'll do it at home every day· I'll tell you the rest next episode...*

*March 2009 to March 2010· Marianne came in individual· She wants to improve her climbing· We've done many processes for the feet, the arms, the spine and specially the shoulder blade· For her, the big difference was her fingers and hands· Now, she can climb much easier and she doesn't need the force like before· All her Body is moving and she loves this new sensation·*

## **14. Bones for Life for running**

Everything helps for running. But especially everything for the feet, the integration of the arms and the breathing.

I saw too many persons running and breathing only in their stomach, because one day, many years ago, somebody as a relaxation therapist has told them to breath in their stomach (without the precision that it is efficient only during the lesson) !

Concerning the integration of the arms, it is very useful in running and the students realize very easily how the arms are beginning to move differently. Sometimes, at first only one arms is moving.

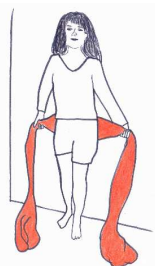
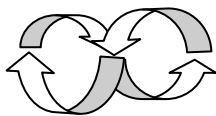


And last but not least, the hip joint Recoil (63), which is a miracle for runners.

## **15. Bones for Life for Oriental dancing**

On course, the very first process I think about is the 52, Oriental Dance movement ☺ (or Rumba in the strip for the conservative ones).

It is a very nice way of improve the Number 8 of the oriental Dance.



From this movement, I directly went to another one, which is very typical from this dance : the movement of the chest. It is almost the same movement with the chest only.

I ask the students to work in pairs. One is lying down on the mat, and the other one stands up. The middle of the wrap is behind the pelvis of the person lying down and the other takes the 2 sides of the wrap in her hands. Like this, we can spectacularly improve this movement and it gets very clear.

Then, we just put the wrap a little bit higher, and do the same for the chest. The problem with the chest is that we have to use the muscle of the back and the attention is on the breast. So this is particularly useful to realize the difference when the concept of generating mobility from behind. Without this non-habitual differentiation between the direction of the front of the body and the direction of the advancing of the mass in space, the movement is just IMPOSSIBLE !

And when students come back to the wall, it is much easier ☺



The second one who comes to my mind is the African Walk (20).



But I was very surprised that the oriental dancers doesn't need all the preparation for the neck ! Especially the ones who are dancing with the Sword on the head.

Many processes for the feet from the Trainer Training are also very interesting for dancers. My favourites are the following ones :

- Restoring the intelligence of the foot
- Curl and open toes in sitting
- Walk on knot
- Straightening the toes using the total body weight
- Straightening toes, wiping backwards strong toes
- Frustrated skiing

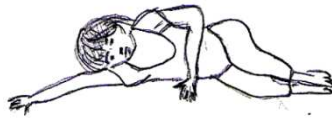
It was incredibly how the Arabesque was easier very quickly for everybody. The feet are stronger, the alignment is perfect and the elongation of the whole body is great !



Amir Thaleb in the Oriental Tango

What surprise me most in the group was the homogeneity and so much more softness atmosphere in the room ! For the students, they felt more security, softness, stability.

The most helpful for the spine and specially the Camel movement are the 54, Hand over Hand on the strip and 33 : Ribs around the Steering. I add a Feldenkrais one : on the side, pushing the sternum backwards, then approaching the knee and the forehead and finally lying on the back.



And for the pelvis, another favorite is the “Hanging the pelvis from the legs” from the Trainer Training.

Another one is the 16 : Bicycle or 23 Narrow pelvis. And 63 : Hipjoint Recoil. And 84 Heel to Ischium.

TT2 : Lengthening of lumbar, decompression of lumbar

And for the arms, shoulders...

Mini Wrap

31 : Twisted Arms

TT34 : Extending arm, inhibited ribs

BfL 23, Narrow Pelvis after a Dance Workshop avoids Pain in the Hip Joint.

## **16. Bones for Life together with TCC & EMDR**

As we have a praxis together with Dr. D. Schafer, (GP and psychotherapist) since 2002, we're sharing many cases. Some patients are visiting both of us and some only one of us.

But with some years of experiences, I can tell that if Dr. D. Schafer send me a patient who was treated in psychotherapy (Cognitive Behavioural Therapy and EMDR), it is much easier in Feldenkrais and "Bones for Life". It seems that if the emotional part of the problem is solved, the body integrate his functions much quicker.

The some happens if I send him a person who has a not-resolved emotion in a particularly situation (which is always present in his body and stops her to get better). The psychotherapy is also much quicker.

It seems also that mixing psychotherapy and functional integration is sometimes very useful for the person to get better much quicker.



## **17. Bones for Life for Client with herniated disc and sciatica**

June 2009. André, who is coming for FI since some years, arrives today with his back completely blocked. When I knew him some years ago, he was on sick leave with herniated disc and sciatica. He was doing much better, until today !



For the first time, instead of F.I., I decide to try some "Bones for Life". I teach him the functional reflexology (43). And after 20 minutes, without having touch him, everything is fine. This is a big success !

Now he can do it on his own. I finish the lesson in teaching him the Wave and the Axis.

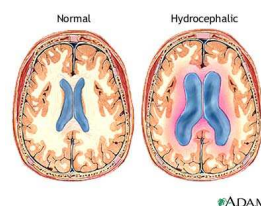
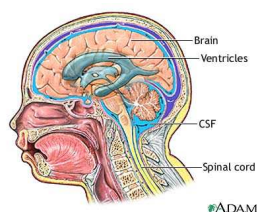
He has done it several times since 2009 and both processes really helped.

## **18. Bones for Life and Hydrocephalus**

First, what is an Hydrocephalus ? Also known as "water on the brain," it is a medical condition in which there is an abnormal accumulation of cerebrospinal fluid (CSF) in the ventricles, or cavities, of the brain. This may cause increased intracranial pressure inside the skull and in children, progressive enlargement of the head, convulsion, and mental disability. Hydrocephalus can also cause death. The name derives from the Greek words ὕδρο- (hudro-) "water", and κέφαλος (kephalos) "head".

### Classical Signs and symptoms

- Changes in personality, memory, or the ability to reason or think
- Headache
- Irritability, poor temper control
- Loss of bladder control (urinary incontinence)
- Loss of coordination and trouble walking



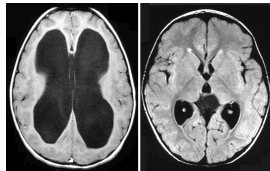
J.François didn't know he was suffering from Hydrocephalic. In fact, he had a decompensation at the adult state, on a congenital deformation of the Sylvius Aqueduct. He was getting more and more tired, began to have some memory troubles and coordination in walking and getting dressed. During a very short period he gets really worse and had to have an operation in urgency in Neurological Department in Geneva. Already some hours after the operation (opening the space in the Sylvius Aqueduct), he was very fit and energetic again.

Three days after the operation, he went back to his **Neurologist** (who has organized the urgency operation). **He couldn't believe that he was doing so well ! He had never seen anybody improving so quick !**

It took him some more 5 weeks to get the perfect coordination and reflex. During this time, as a Bones for Life Student, he did again a lot of "Bones for Life". In fact, at least once, all the three segments.

A very interesting point is that it was much easier for him to do the process after the operation then the first time. We can imagine that having done at least one all the three segments before had helped a lot !

Now, let's see how were the ventricles of J. François before his operation :



As we can see, this was pretty bad.

Today, except tiredness after full day of working, he has none of the potential symptoms.

### Conclusion :

I can warmly recommend to any person :

- with this kind of neurological problem to improve quicker and completely
- who wants to improve their Nordic walking, golfing, climbing, running, Telemark skiing
- who is part of a multi-disciplinary program and want to get rid of eating disorders
- who want to improve self confidence

- who want to do some exercise on rolling chairs
- who want to get rid of back pain
- who wants to feel and improve the movements of oriental dance
- who are in psychotherapy and ready to work on the body himself
- who are suffering from herniated disc and sciatica

to go through Processes of *Bones for Life*

Geneviève Quartenoud