

Movement workshop
'Walking Backwards to go Forwards'

led by Victoria Worsley MA FG(UK)

February 3rd at 10:00 at the Praktijk Lijnbaansgracht in Amsterdam

Walking Backwards to go Forwards

When it comes to running and walking, we are generally focussed on what we are moving toward, for obvious reasons. After all it's not usually the aim to travel backwards! That can mean the front leg takes most of the attention, but it is that back leg that provides direction and propulsion. Exploring how we use it offers us a wealth of information and possibilities.

In this workshop we will take the very specific moment of the back foot leaving the floor to explore the spiralling movement created from the foot's relation to the ground up and through the knee, hip, whole spine to the head to enable an easy, yet potentially powerful gait for walking or running. We will explore it backwards as well as forwards and uncover as much of the richness of this theme as we can using 'Awareness Through Movement' techniques in the Feldenkrais Method.



Victoria Worsley qualified as a Feldenkrais practitioner in 2007 from the Lewes training in the UK. She has a busy practice in North London. Previously an actor, movement director and theatre maker for 20 years, she is known for her work with actors and her book 'Feldenkrais for Actors'. Her practice is varied and wide-ranging. One area of specific interest is using the Feldenkrais Method to explore running, and she often works with those who like to run or walk. Victoria also holds a 2nd dan in goju ryu karate.

The workshop will take place on Saturday 3rd February 2024, from 10:00 to 13:00.

The workshop is suitable for everyone. No previous experience in movement practice is needed. Beginners and experienced participants alike will find material to engage their minds and bodies.

Price : Eur 40,-- per person

To find out more and register for your place, please contact Simon Brod or Andrea Derkse



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