



# **CRA'P** Posa-hi els peus.

**THE FELDENKRAIS METHOD®**  
**Awareness through movement®**

with **Kata Cots** CRA'P workshops 2016

**Saturday 25th and Sunday 26th of June**

from 10h to 14h

The Feldenkrais Method® improves self-awareness. Through a series of gentle movement explorations, students gradually increase their range and ease of movement and develop increased strength, flexibility and coordination throughout the neuromuscular and skeletal systems. Unnecessary tension that inhibits movement is released and becomes more comfortable and fluid.

Feldenkrais® is an excellent method to address individual needs and create skills for long-term well-being. Simple tasks like sitting, reaching, and walking, as well as complex activities like playing a sport, dancing, etc. are made easier.

This workshop is an opportunity for students to let go of old patterns that don't work for them while simultaneously building more confidence, breathing more fully, and moving more efficiently.

The Feldenkrais Method® group lessons are hour long explorations called Awareness Through Movement® (ATM) sessions. This workshop will be given over two days during the weekend lasting 4 hours each day. A number of ATM lessons will be tied together each day that relate different movements and functions of the body. After each ATM, there will be a short break. Students may want to bring something to eat or drink during the break.

**There is no level or previous experience required. Each person moves at their own pace. Everyone can improve.**



**Kata Cots** researches dance practices and is a professional contemporary dancer and teacher. She is of Spanish and American nationality and has performed and taught in Mexico, the United States, the United Kingdom, Spain, and India. She lives in Tijuana, Mexico, a metropolis on the border with the United States where she has collaborated with different companies and artists during the last six years. She is a certified practitioner of the Feldenkrais Method® in somatic education by The Feldenkrais Guild® of North America and is a graduate of Sarah Lawrence College (New York) in Dance and Cultural & Political Anthropology. Her most recent work Güera ( which means sexy white girl in Mexico) was created during a creative residency in Tijuana with the dance company Péndulo Cero and Toni Cots.

**Registrations:** [info@cra-p.org](mailto:info@cra-p.org)

**Fee:** 55€/45€ Cra'p partners

You can become a partner of CRA'P from 5 € a month and enjoy discounts on all activities.

More information: [www.cra-p.org](http://www.cra-p.org) o [info@cra-p.org](mailto:info@cra-p.org)

**CRA'P - Pràctiques de Creació i Recerca Artística**

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