

Material for the Spine (Steve Paxton's Technique) with Allison Ulan



Saturday Study Sessions 2012 dates:
January 7, 14, and 28, February 4, 11, and 25.
10 am – 12:30 pm

Investment: \$20 per session (drop in fee)
\$90 for all 6 sessions.

Ashtanga Yoga Montreal
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Steve Paxton developed this material over the last 30 year from his curiosity in how awareness and perception work. As the creator of Contact Improvisation and from his experience in dance, yoga, aikido and meditation over 50 years, his material covers a diverse spectrum yet specifically centers on spinal function. The material trains a person to become more aware of their spine, increase awareness in motion, detangle habitual patterns that are limiting movement/alignment, heighten agility and explore improvisation scores that elucidate the body as it is.

Note from Allison:

I have been studying this material for the last year and I am part of a yearlong training with Steve which will end in November 2012. I am intrigued how this material works for different needs and concerns. Personally, it has opened up new sensing pathways in my dancing, created traction for my spine and created more ease in my Yoga. In December 2011, 16 people were part of a small 3 week session I led. Everyone came from different walks of life with different needs. Unanimously, the group decided to continue because the sessions were so effective and fun. So I am opening up the sessions to anyone who is interested.

In the classes, participants are led through the material in the same order as Steve had led during the 2 week course I attended.

The elements we will study are:

Grounding arm patterns, shoulder blade action, sits bone initiation, condial awareness, interweaving connection through body points, precise arm articulation, helix rolls, crescent rolls, resistance/release hip strengtheners, core initiation, peripheral initiation and the small dance. Depending on how the group progresses, we may even do the body puzzles and aikido rolls. Hmmm, lots to plunge into. Of course, there will be time to do improvisation en seule et en partenaire.

I am intrigued in how different people will integrate the material. Plus, I am excited about the insights and questions I can take back to the Earthdance study group in April when I meet up for the second part of my training.

Thank you for your interest in Steve's work.

If you can not attend the first session, do not fret. Come to what you can. We will be working as a group – teaching and facilitating each other.