

Embodying the Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR)

Underneath ALL successful, effortless movement are integrated reflexes, righting reactions, and equilibrium responses (RRR). The RRR are the fundamental elements, the alphabet, of our movement. They develop in response to the interaction of our internal state of being with gravity, space, and 'other' (people, objects and nature).

The reflexes are the most primitive patterns that occur in response to specific stimuli, and they establish basic survival patterns of function. The righting reactions are important in establishing a vertical or upright posture against gravity and a continuous head-torso axis.

The equilibrium responses are patterns which maintain balance of the whole body in the dynamic relationship between the shifting of one's center of gravity through space and one's base of support.

This workshop will draw from:

- Fundamental building blocks of human movement.
- Postural tone and physiological flexion and extension.
- Differentiating the RRR in relation to the three planes of movement (horizontal, vertical, sagittal).
- The roles of the RRR in readiness for relating, relating to earth and heaven, gathering and reaching, taking hold and letting go, weight bearing, rolling, vertical uprightness, locomotion and equilibrium.

Material will be presented through a Body-Mind Centering® approach and will include movement exploration, touch, lecture, demonstration and discussion. This workshop is recommended for dancers, somatic educators and therapists, athletes, yoga practitioners, bodyworkers, infant and childhood teachers and others interested in expanding their experience and understanding of these basic templates of movement development.

Workshop Fri, 26 Sept, 09:30 – 12:30 & 14:00 – 17:00,

Sat, 27 Sept, 09:00 – 12:00

Venue Frankfurt LAB, Schmidtstr. 12, 60326 Frankfurt

Regular Attendance Fee € 180,- / early bird registration

before 1 July 2014: € 150,-

Registration kontakt@tanzlabor21.de

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