

# The Golden Suit

By David Hall

**Reconnect our innate abilities in achieving freedom of mind through the expansion of our neuromuscular patterns**

## Feldenkrais *Awareness Through Movement*

The seven *Awareness Through Movement* lessons of The Golden Suit explore the use of touch as a means to enhance perception.

Touch is at the heart of your ability to explore, understand and interact with your world.

Consider the way you use your hands, feet and skin when exploring your environment, along with its objects and beings. The way you hold things .. How you rub, squeeze, press or lift them to understand. How you use your hands to sense whether a peach is ripe or to assess the character of a person whose hand you may be shaking. It's not just the things you touch directly. It's how you feel the proximity of a person or the mood of wherever you are.

Using your hands and skin to explore your own body adds another perspective to the awareness of movement and the experience of inner life. It's the capacity to hold, filter and connect sensory experience into a malleable whole.

The lessons on these CDs are an opportunity to focus on the source and possibility of movement. They harness your innate ability to learn and grow through the discovery of movement, the observation of stillness and the creative awareness of sensation.

The lessons can be done many times with continuing benefit.

### CD 1: Tuning into touch – Part 1 45:21

Explores the ability to sense the structure and organisation of your body with your hands. You focus on both the sensations and memory of touch as you consider your alignment in sitting and standing.

### CD 2: Tuning into touch – Part 2 51:58

A lesson in supine and prone that utilises your weight, the gentle movement of your skeleton and the connective power of touch to align and organise your body.

### CD 3: Core arms 52:23

Explores the relationship between your arms and the rest of your body, through both skin and skeleton. It gives a great sense of freedom.

### CD 4: Head, pelvis, legs and skin 51:48

Circles of the heel, head, chest and pelvis along with awareness of how your body moves inside your suit of skin, is the playground for an exploration of connected movement.



### CD 5: Inside and outside of the legs and back 51:12

An exploration of layered tension, centred movement and the connection of your limbs to your torso. Organises your legs and pelvis to make standing, walking and rolling to sit, easy.

### CD 6: Holding the core 49:42

Rolling your heels and the manipulation of your diaphragm and torso, offer a means to experience the strength of your centre and the volume of your body.

### CD 7: The hand and the foot went to sea 50:14

Explores the relationship between your hands and feet – how they influence, and are influenced by, the organization of your head, neck and torso. It gives a great sense of lightness and freedom of the limbs.

Each lesson is designed to leave you with a memorable 3D experience of effortless movement. It's recommended (but not mandatory!) that after each lesson you go for a walk. You may find it extremely pleasurable!



David Hall originally trained as an actor and voice teacher. His work in these fields led him to study the Alexander Technique and Feldenkrais Method, which he has been exploring for more than 25 years. He lives and practises in Sydney's Northern Beaches, where he also teaches partner dancing inspired by Afro Cuban and Brazilian traditions.

David Hall  
105 Avalon Pde Avalon NSW 2107 Australia  
61 2 404 625 326  
davidhall@bodylogic.net.au  
www.bodylogic.net.au

Illustration by William Blake *Glad day – The dance of Albion*  
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