



Dick McCaw: A Lesson in Awareness Through Movement™



Dick McCaw is a Feldenkrais Practitioner since 2007, he has written three books: *Bakhtin and Theatre* (Routledge, 2016), *Training the Actor's Body* (Methuen, 2018) and *Rethinking the Actor's Body* (Methuen, 2020) and in 2016 he became an instructor of the Wu family Tai Chi Chuan which he has been studying since 2008. He facilitates A Lesson in Awareness Through Movement™ where you will need a simple chair to sit on, preferably with a hard surface.

TOP EMBODIMENT TIP: Don't think so much about doing the movement with as much effort as possible, try and be aware of what you're doing and what it feels like when you're doing it.

Moshe Feldenkrais (1904 - 1984):

- Accomplishments: Research Scientist, a Pioneer of Judo and the creator of Feldenkrais Method, that really brought together all his skills, skills of an Structural Engineer and he applied that to our human structure.
- **As a research scientist he knew the wiring that we have, how our muscles, brain and tissues work together.**
- Judo, the embodied wisdom of the Martial Arts, that's also about the economy of movement.

Scanning the body: Find out how you are now

- Lessons mostly start and end with lying down on your back and scanning the body.
- **Being aware of your breath and other things happening in your body in great detail.**
- Notice if there are **differences** in the left and right sides of your body.
- Eventually you want to compare if there are some differences in the end.
- Also **walking around** is a way of finding out what happens.

Small movements, slowness, smoothness, awareness:

- Some sports have a lack of awareness and are not creative.
- **Pauses are needed for integration of learning in the body.**
- Feldenkrais talked about how "every intelligent movement is reversible". Sitting down and rising up is demonstrated and its efficacy discussed.
- Feldenkrais practice gives you choices to do the same thing in many different ways.

Resources

- ❖ **Books:** Dick McCaw: "Rethinking the Actor's Body", "Training the Actor's Body" and "Bakhtin and Theatre"
- ❖ **Website:** www.dickmccaw.com (Tai Chi Chuan lessons online, and possibly Feldenkrais too - ask!)
- ❖ **References:** Moshe Feldenkrais



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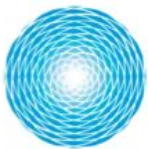
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](#) and the co-founder of the global conscious dance community [OneDanceTribe](#). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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