



Ray Eliot Schwartz: Acture And The Art Of Standing



Ray Eliot Schwartz is a movement artist, educator and researcher. He serves on the board of International Somatic Movement Education and Therapy Association (ISMETA), is a certified Feldenkrais Method® and Body Mind Centering® practitioner, and works internationally with the Center for Body Mind Movement. Experience a 30-minute movement research practice in the "ING" of standing, how we move into it, how we move out of it, and what it feels like to explore standing in your power.

TOP EMBODIMENT TIP: If you live with a body, movement is your teacher if you allow yourself to be a student.

Acture Is A Principle Of Preparedness For Movement and Responsiveness To Environment

- **As a counter notion to posture, which is based on position, acture is the ability to receive and respond to the various forces, emotional, physical, intellectual and otherwise.** Moshe Feldenkrais studied non-Western principles of martial arts to create a system of learning and prepared embodiment.
- The notion of standing is that it is “simply gravity moving through the skeleton and connecting us between space and surface.”
- Standing is often seen as a posture, but rarely are we posed within it. Interoception increases awareness of our response to various stimuli especially with curiosity. From Moshe Feldenkrais, who echoes “Do not have any intention of being correct. Do not act well or nicely. Do not hurry as this creates confusion.”
- Steve Paxton coined the practice, the “small dance” - to identify that we continuously move, as we adjust to gravity.

Able-ism, Assumptions, and Body Potentials in Embodiment

- Partly, “the truth of it is that a lot of our work in embodiment has a very deep shadow of “ableism” and we tend to do a lot of things where we assume that everybody has access to the same kind of body, and the same kind of body potentials. **It's very important to me, to be thinking about accessibility and inclusion** around bodies because we're talking about embodiment, and that means we need to make it available to everyone with a body, and that means a lot of rethinking some of our assumptions.”

References

- ❖ **Email:** zenmp@hotmail.com
- ❖ **Website:** zenmonkeyproject.com
- ❖ **References:** Forrester, Scott - [Posture or Acture](#); Sanker, Tiffany - [Feldenkrais Illustrated](#)
Raffo, S - [Why Learning Anatomy Matters](#)



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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