



Fiona Winter: Bringing Embodied Fun, Play, and Pleasure for the Older Body



Fiona has been facilitating through her own teaching practise, mentoring, coaching and training others for nearly 40 years in the field of holistic health and well being, movement, dance, body awareness & personal development. She specialises in distilling her experience, knowledge and skills into effective real life applications, to help people develop awareness, choice and manage change. Discover how to reconnect with your youth through movement and become aware of your own body in space with dance and having fun.

**TOP EMBODIMENT TIP:** Come back to your senses, and your sense of embodied fun, play, and adventure; it's never too late

What is an “Older Body”:

- As the old adage goes, you're only as old as you feel. Seeing someone as older also depends on where you are in your own life. By societal and government terms an older body begins in the early 60's.
- As you progress through this journey of playful embodiment, **it is important to know where you are in your body and in your surroundings.**

Considerations for Playful Embodiment:

- It is easy to simply state **be aware of your own body's limitations.** It is also equally important for a leader as well as a student to recognize **intimidating movements, embracing the movements one enjoys, being mindful of your body in movement.**
- Movements can be intimidating physically (if you're unable to perform them) or psychologically (maybe you find them awkward or somewhat embarrassing).
- **Think back to your youth, think of the type of dancing and movement you used to enjoy. Those movements you loved doing, keep doing them.**
- Establish some kinematic awareness; feel your body move in the space you have created. Is there room to flow, can you feel your body engaging with joy from your toes through your fingers.
- Before you practice or lead a group, understand some people are **visual learners** and others need to go through the **physical process.**

Practical:

- Enjoy this dance practical which incorporates a warm up, main session, and cool down.
- Learn some new steps, maybe rediscover some old moves, AND HAVE FUN!!!

Resources

- ❖ **Website:** <http://www.fionawinter.com>
- ❖ **Social:** @energymoves, Facebook: Fiona Winter



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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](http://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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