



Dominique Levillain

Sign up - Information

06 47 79 87 19

**IF MOVEMENT IS THE ORIGIN OF LIFE,
RHYTHM IS ITS STRUCTURE**

**RELAX,
STABILISE YOUR BALANCE,
STIMULATE YOUR MOBILITY,
MAKE USE OF YOUR TALENTS,
AND TAKE ACTION.**

**ANY AGE,
ANYWHERE**

ecoute-en-mouvement-feldenkrais.com

ecoutenmouvement@gmail.com

Teaching

**INTEGRATIVE SOMANALYSIS®
FELDENKRAIS METHOD®
FIRST RHYTHMS METHOD®**

**THE JOY OF
MOVEMENT**

**RAISED AWARENESS OF SELF
THROUGH RHYTHM AND MOVEMENT**



L'Écoute en mouvement

Integrative Somanalysis®

This original and innovative approach to enhancing our place in the world is based on the following tools:

The Feldenkrais method®

Using simple, gentle, original movements, this method allows the nervous system to re-organise how it functions, leading to better momentum in daily life.

It is practised:

- in groups, "PCM" (awareness through movement)
- individually, "IF" (functional integration)

The Primary Rhythms method®

On the basis of attentive listening to one's body, this method aims to discover how perceived sensory information is organised in the form of rhythms that structure individual expression and encourage integration within the group.

The method is composed of 3 stages:

- sensory relaxation
- rhythmic revitalisation
- creative synchronisation

The Aware Eating method®

This method makes it possible to establish nutritional and weight stability.

It is practised through meals shared with the group.

The Integrative Walk method®

This method makes it possible to apply the first two methods.

It is practised indoors or outdoors, in a group.

Dominique Levillain

Feldenkrais practitioner, International Federation - Berkeley - USA

Designer of the Integrative Somanalysis® method.

Designer of the Primary Rhythms® method.

In-depth knowledge of body movement and relaxation techniques.

Body education teacher for the dietary association, "Du Pain sur la Planche", resource centre.

University education in psychology.

Professional musician.

What is characteristic of Dominique Levillain's teaching is that she has combined her personal and professional experience of the voice and rhythm, with the Feldenkrais method. This provides her classes with solidity and sensitivity.

Dominique Levillain teaches in both French and English, in France and abroad since 2003, in the fields of health, education and the practice of musical instruments.



Teaching

Classes

Individual classes

Weekly or bi-monthly classes

In groups, year-round.

Courses

Half-day, full-day, weekend, 3-day, 5-day residential, in private rooms or institutions, throughout the year and on cultural trips (India).

Themes

Understanding the mechanical and physiological workings of the human body: verticality and the spinal column, the pelvis and how the perineum works, breathing and the chest cavity, the sensory organs and the head...

Responding to issues: self image, concentration, stress management, stage fright, chronic pain, fatigue, sexuality, nutrition, convalescence, and seasonal disorders.

Practice

Open to all. Wear warm, comfortable clothing.

Tariffs

Depends on the time and day of the classes.

Further information available on the specific leaflets enclosed.