

# Learning to Move, Moving to Learn

Teacher: Sonja H. Sutherland

Through dynamic movement games and structured improvisations, my classes explore how we move (and can move) through our lives. Drawing from my experience in dance, Aikido and Feldenkrais®, we create lots of games which serve many purposes. They develop following and leading skills, encourage creative movement discoveries, enhance body/mind awareness, foster working with others, and remind us of how much fun and how good it can feel to move! We utilize elements of time, space, energy and quality of movement to investigate and invent patterns of locomotion and commotion.

Amidst all the movement madness, metathemes float through my thoughts:

\*\*How do we learn to attend to ourselves... to our bodies, our emotions, our thoughts... and to our environment?

\*\*How can we expand and refine our sense of ourselves and our abilities to act?

\*\*Do our actions reflect our intentions?

\*\*How do our actions and our intentions inform the realities we help to create?

These questions, along with my observations and interactions with the marvelous K-1 kids guide my teaching.

And then, of course, sometimes, we just move for the pure sake of moving.