# “Helping the Development of the Earliest Sensory-Motor Capacities”

Move With Intention



## Indépendant, 2 day, practice-based workshops
## January - June 2027

A programme of independent, 2 day, practice-based workshops, intended for professionals working with individuals to improve attention, sensory motor capacities, communication and learning skills, and/ or researchers studying ante-natal and/ or post-natal sensory motor development.

During each workshop, we will invite you to expérience for yourself and to practice and develop confidence and expertise using new, original, sensory-motor work processes, created to:

- improve tactile, vestibular and auditory functioning.
- improve the “mapping” of body awareness, body sensation and body self-image.
- improve the ability to direct, maintain and coordinate attention and concentration, including visual, auditory, motor, cognitive, and linguistic attention.
- stimulate the development of functional, harmonious muscle tone.
- reduce chronic involuntary sensory-motor responses that impede the spontaneous evolution of the self-image and inhibit voluntary motor development
- and learning.
- stimulate the sensory motor skills needed for typical developmental milestones, as well as specialised voluntary motor capacities.

The original work processes have been developed and adapted during the last 15 years, based on:

- interdisciplinary thinking and certified training in educational sensory motor learning approaches, including the Feldenkrais Method, Jeremy Krauss Approach, Integration Motrice Primordiale and Kinesthetic Education..
- studying contemporary scientific research addressing the environmental parameters and chronologies of intra-uterine and extra-uterine sensory-motor development.
- concentrated work in individual sessions in schools and in private practice with people of all ages, often with special needs/ challenges.

The processes are designed to address a wide array of specific challenges that often arise working with children and neurotypical and atypical individuals of all ages, including vestibular challenges, tactile sensitivity, low body awareness, chronic muscle tension, mobility constraints, attention difficulties, difficulties with orality and oral communication, etc,… A number of the processes include the use of specific accessories, such as toys, cotton scarves and air balls for compression, dense bolsters, etc…

## ***"The Embryo: the earliest tactile, vestibular, and motor coordination developments in-utero."***

Original work processes designed to reconnect with the expansive learning potential of the human nervous system during embryonic and early foetal development.

The student is invited to recline ultra-comfortably with head, neck and limbs resting on stable, inflated supports with elastic give. Original work processes, both passive and active for the student, are proposed in chronological order of the first sensory motor experiences during gestation.

The combined effect of the position, supports and stimulations emulate aspects of early sensory movement experiences: tactile and mechanical impulses of varying force, flows and directions of trajectories, rebounding effects and oscillations, and amplification of body awareness and of the sense of body weight in relation to gravity.

Dates for workshops in English coming soon.

***“Extra-uterine Beginnings: develop a greater sense of whole body and whole person connectedness and deploy and adapt the uterine tactile, vestibular and proprioceptive capacities to the extra-uterine environment.”***

Experiment for yourself and practice original 2 hands and 4 hands work processes, with the student in prone and side-lying foetal positions. For professionals using principally or exclusively 2 hands work processes, the practice of these 4 hands work processes clarifies and improves 2 hands work.

The work processes are designed to amplify:

- sensations of whole body and whole person connectedness.
- vestibular function.
- symmetrical alignment.
- balance.
- freedom of movement of the head and neck.

Dates for workshops in English coming soon.

***“The Baby from One to Three Months: deepen position and movement sensations of the joints of the spine, arms and legs, and stimulate the development of well adapted muscle tone, motor coordination and agility.***

Original 2 hands work processes, with the student reclining comfortably on the back, with the legs resting on stable, elastic air supports with give.

The work processes are designed to:

- develop smoother transmission and coordination between movements of the pelvis, spine and head, with passive pulls and oscillations.
- amplify and clarify body awareness and proprioception, by amplifying and clarifying the sensation of the location and movement of individual joints in relation to gravity.
- stimulate the development of well adapted muscle tone, motor coordination and agility, by:
    - using tactile stimulations, compressions, impulses and small amplitude movement sequences of early movement patterns.
    - clarifying the sensations of the force/ effort required to lift a segment of an arm or leg away from the floor and the sensations of protected, cushioned “free-falls” of individual arm and leg segments back toward the floor, and the sensations of the resulting oscillations and resonances.

Dates for workshops in English coming soon.