full AAE curriculum

WHAT

- Gestalt of IT
  - THE IT
    - practical consciousness
    - applied consciousness
    - being alive/present
    - practical application of kinesthetic awareness
    - what isn't it
    - self-efficacy
    - choice
    - what is YOUR definition?
    - nature of habit
  - The PROCESS
    - thought
    - action
    - pause
    - notice
    - release noticings
    - + special sauce
    - critical moment

WHO

- Embodiment of IT
  - PERSONAL USE
    - ETHICS
      - meaning
      - personal values
    - HABITS
      - noticing
      - how to make new choices
    - EMOTIONAL
      - aware of emotions
      - self-worth
      - integration
      - heart/love directed
    - PHYSICAL
      - senses
      - innate design
      - applications in daily life
      - voice/sounding
      - coordination
      - awareness
      - primary movement
    - MENTAL
      - coordination / innate design
      - Inhibition
      - belief systems
      - change of perspective
      - Primary Movement
      - curiosity
      - state of being
    - ELEMENTS
      - ground
      - support
      - Nature
      - space
      - 5 elements
      - frequency/resonance
    - SPIRITUAL
      - relation to higher something
      - yes in nest of no's
      - creating your life
      - what's it all mean?
    - SELF IN RELATION TO
      - Micro/macro
      - webbing
    - TIME
      - Sensory awareness
      - present moment
      - window of opportunity

HOW

- Sharing of IT
  - TEACHING SKILLS
    - BASICS
      - recognizing and touching PM
      - listening
      - qualities
      - VOICE
      - Sending Directions
      - Teaching Phrase
      - meet student where they are
      - creativity
      - large scale models
      - balance words & hands
      - imagination
      - tensegrity
      - getting the clay ready
      - stories and metaphors
      - how to 'read' the moment
      - deciding what to do
      - condition where movement is possible
      - being with
      - discerning habitual patern
      - lead by....
      - trauma basics
    - INTUITION
      - ways of knowing
      - balancing intuition with other senses
      - Trusting yourself
      - how to listen to yourself
      - teaching AA standards
      - creating new ones
    - GROUPS
      - BASIC GROUP SKILLS
        - ETUDES
          - acting out
          - micro/macro
          - how to build them
        - INTROS
          - designing an intro of any time
          - organizing intros
        - GAMES
          - group forms
          - FISHBOWLS
            - taking a bath
          - Group Dynamics
            - working with group body
    - INDIVIDUALS
      - organize a lesson
      - seeing interference patterns
        - giving homework
        - discovering the real lesson
        - TABLEWORK
          - lesson ingredients
          - lesson pacing
    - APPLICATIONS
      - ACTIVITIES
      - SITUATIONS
      - TECHNICAL SKILLS
      - STYLES
        - Continuous
        - Shadowing
        - Pause / shift / continue
    - APPRENTICESHIPS
      - student logs
        - student lessons
        - assistant teaching
        - mentoring
        - PG
    - GETTING THE WORK OUT IN THE WORLD
      - POST GRAD
        - courses
      - MEETING LARGER AT WORLD
        - Sharing Lab
        - ATLP
        - AT gatherings
        - YEHUDA
      - ETHICS
        - community agreements
        - community and student agreements
        - appropriate behavior
        - larger professional world re: touching people
        - permission
      - DEI
        - ATLP
        - circle not pyramid - non-hierarchical
        - inclusion
        - accessibility
  - LEARNING STYLES
    - CORE IDEAS
      - make a financial plan/run your business
        - networking
        - website
        - Social Media
        - how to find students
        - accessible language
        - finding your niche
      - Experience-based learning
        - creating containers
        - non-hierarchy
        - Tailored Teaching
        - Diverse Methodology
      - non-hierarchical structure
        - create space for student agency
        - non-judgemental
        - creating a container where learning can happen
    - PEDAGOGY
      - Teacher roles
        - provide theme or activity
        - bring curiosity
        - bring agency
      - Student roles
      - ROLE DYNAMICS
        - being with
        - witnessing
        - meeting the students
        - Beholding
        - holding paradox
      - Quality of you in relation to ...
        - improvisational
        - imaginative
        - analytical
        - problem-solving
    - BUSINESS SKILLS
  - PROCEDURES
    - CLASSICAL
      - whispered ah
      - hands on back of chair
      - table
      - lunge
      - chair
    - CONTEMPORARY
      - how to develop new ones
      - FORMS
        - group experiences
        - table
        - Trios
        - primary/secondary curves
        - Walkabouts
      - DAILY LIFE
        - standing
        - sitting
        - folding
        - lying
        - walking
        - breathing
        - talking
        - thinking
      - APPLICATIONS
        - Situations
        - Activities
  - TECHNICAL SKILLS
    - TABLEWORK
      - inhibition
      - quality
      - tailored
      - internal awareness
      - mapping
    - HAND SKILLS
      - 3rd hand
      - touching layers
      - on/off
      - carwash
      - paintbrushes
      - DAFFULL
      - baby fist
      - touching PM
      - communicating thru hands
      - inner body
      - contour
    - OBSERVATION
      - non-judgemental
      - single line drawing
      - seeing the whole
      - how to understand what you are seeing
      - seeing inner body vs outer body movement
      - seeing and appreciating beauty
      - where is the motor
      - BEHOLDING
      - Being with...
      - listening
    - LANGUAGE
      - tailored to student's world
      - understand FM's language
      - accessible
      - your vocal use
      - metaphors
      - use real-life experiences
    - UNDERSTANDING THE DESIGN
      - BODY MAPPING
        - able to teach new map
        - LIAB
        - to groups
        - to individuals
        - able to see student's maps
      - linking / sequencing
        - Tensegrity
        - Kinesthesia
        - Mast/Sail
        - Primary Movement
        - Embryology
        - Primary & Secondary Curves
        - Embodied Consciousness
        - DART
        - Anatomy Trains
        - Anatomy
        - Gil Hedley
      - Sensory Awareness
        - spirals
        - Psyche
        - energy systems
    - CORE CONCEPTS
      - open to the unknown
      - how to be with someone
      - REST
      - receiving support
      - no pushy/no pully
      - in relation to
      - partnering gravity
      - Falling in & out
  - PERSONAL USE WHILE TEACHING
    - (see Personal Use)
    - being with

WHY

- Understanding of IT
  - PRINCIPLES
    - CONTEMPORARY definitions
      - your state of being
      - accessing your potential
      - you are fundamentally whole
      - study of the quality of your life
      - access the expert
      - choice
      - innate design
      - create a need / surrender
      - rebound/physics
    - CLASSICAL definitions
      - psychophysical whole
      - means whereby
      - faulty sensory perception
      - primary control
      - force of habit
      - direction
      - end-gaining
      - non-doing
      - inhibition
    - what are they?
      - how to talk about them
  - LITERATURE
    - current AT writings
      - others
      - Tommy
      - Bruce
    - non-AT writers
      - awareness
        - eg, 5 Senses in 4 Seasons
      - anatomy etc
        - eg, anatomy trains
      - philosophy
        - eg,Way of Working
        - eg, Tao te Ching
        - eg, 5 invitations
    - 1st generation writings
    - FM
  - PHILOSOPHY
    - IN RELATION TO
      - choice
        - what biases or filters are we using
      - habit
        - what is it?
          - frames or perspectives
      - underlying rules/assumptions
  - HISTORY
    - lineages
    - Alliance
    - FM's story