

*Greetings and a few thoughts for my Swedish friends, colleagues and students...*  
From: Judith Koltai, September, 2010.

November is not that far away and I am thinking about and looking forward to my time in Sweden. Here in Victoria and Vancouver my classes and workshops are beginning and, as always, I am sharing my thoughts with my students. I wanted to include you in that.

Every time we begin a new class or workshop, I ask myself the question: 'What is this practice?' 'What are we really doing?' And how do we know that what we do is changing and enriching our lives in a positive way?

This kind of work has been given so many names. I think it is because it is impossible to capture in a 'name' all the complex and intertwining aspects of the human 'organism'. Elsa Gindler, the originator of what now is called Sensory Awareness, refused to give it a name. She simply spoke of 'work on the human being'. I have chosen the name 'Embodied Practice' because what we do is a kind of 'enquiry' into our whole life through our attention to our physical self. Because the only tangible manifestation of life is our body, the most truthful answers to this enquiry can only be glimpsed through direct bodily experience, through sensation, feeling and action.

What brings us, you and me, to this work? I think that we are following the inherent longing in our being to live with ease, with authenticity, from a place of deep personal integrity. We don't want to 'change' – we wish to be more who we really are. And beyond that we aspire to live a vigorous and conscious life, to function meaning-fully and creatively. None of this can happen through 'effort'. The mystery and paradox is this: that the sign of 'correctness' 'success' is a conscious experience of ease and effortlessness.

And this is the practice in the two disciplines I have to offer you: Syntonics and Authentic Movement. To become aware of and follow what feels 'true' – 'easy' 'effortless' 'authentic' - and to make conscious and eventually eliminate what gets in the way of it. The goal, as my esteemed teacher, Therese Bertherat, has pointed out is not to escape from our body and our sensations, but to avoid having our sensate and sensory life escape from us.

My other great teacher, Charlotte Selver, has wisely advised against seeing this kind of practice as "training" or "exercise". She said this:

*"The insights and changes which the study involves are of a deeper nature than learning techniques. However, the study hopefully will influence your way of living in this world, your relation to others, to your tasks, and to your professional activities."*

It is my great hope and wish that the work we embark on together will bring you insights and satisfaction and enhance the ease and sensory pleasure in your life whatever your choices and tasks may be.

***Embodied Practice is a disciplined inquiry into conscious, effortless and creative functioning through direct bodily experience of action, sensation and feeling.***

***Embodied Practice is Judith Koltai's synthesis of Syntonics (her trademark method based on the principles of Françoise Mezieres, Postural Reconstruction, the Antigymnastique method of Thérèse Bertherat, and Sensory Awareness as taught by Charlotte Selver) and Authentic Movement, a discipline of spontaneous and intuitive movement practice originated by Mary Starks Whitehouse.***