

*Fågel som sjunker
ner i din klyfta-
ormvråk, fjärl,
mitt svindelpar...
ge mig den tyngd
som krävs för att lyfta
och den kärlek som krävs
för att stanna kvar.* (Lars Forsell: *Aria* – courtesy Eva)

Warm Greetings to You Swedish Friends and Members of *Rorelse I Vila* –

I am writing to offer my welcome and my appreciation for your interest in *Embodied Practice*. Sweden has been a welcoming place for me for a long time: first as a refugee in 1956, and then for more than 10 years now, with the dedicated support and help of the founders of *Rorelse I Vila*, as a professional practitioner of the *Embodied Practices of Syntonics and Authentic Movement*.

Rorelse och vila, movement and rest, are fundamental states of the living human body. In the healthy normally functioning body they constantly and spontaneously adjust and complement each other for best result and least effort. *Movement in rest*, yes. But also *rest in movement* is the requirement for health.

There is a fundamental economy that guides physical functioning. It goes like this: From all the sources available to us, we can say that we have 100% energy – this 100% is sometimes less, sometimes more and varies from person to person. But it is always the maximum of what is available to the body. Of this 100%, as Moshe Feldenkrais has pointed out, 85% is necessary for the body just to maintain itself. The rest, 15%, remains for our chosen activities and movements. This can be a shocking revelation to some. But it is also the reason and support for the importance of effective action with no unnecessary effort in all our endeavors. In *Power Through Repose* Annie Payson Call wrote:

*“...physical training should bring the nervous system in a natural state,
and the muscles to work in direct obedience to the will with the exquisite coordination
which is natural to them.”*

The “will” or rather *consciousness* must also be trained to be free of unnecessary habit and effort. Our being longs for both freedom of movement and freedom of mind and spirit which are the source and potential of renewed freshness and enlivening experience in every day life, from the simplest action to the highest scientific or artistic achievement.

The discipline of *Embodied Practice* – consisting of the practices of *Syntonics and Authentic Movement* - is firmly based on this understanding. Please find a few moments to read more about how we work and what principles guide us, on our website: www.embodiedpractice-judithkoltai.com

If you have any questions or comments before you register for any of our offerings in Sweden, you are very welcome to contact me: jkpv@shaw.ca .

I sincerely hope to see you and work with you in October and send you

my heartfelt best wishes for the coming Autumn and Winter and beyond –

Judith Koltai