



Celebrating Spirals

in Tai Chi and Alexander Technique

With Ian Deavin & Judy Hammond

Spirals are everywhere in nature - in plants and trees, in the flowing and eddying of air and water, and of course in the human body. Even structures that appear straight, like the long bones of the arms and legs, are in fact formed in long subtle spirals, and the spiral form is vital for the functioning of our ears, muscles and hearts - and then there's perhaps the most iconic example - the double helix of our DNA..

Spirals exist in the natural movement of Tai Chi and Alexander Technique. This seminar allows us to explore where they exist and how we feel them, as well as how we can develop and use them. We expect to find that spirals in movement are essential to promoting good health, good posture and good habits of body usage.

Our joints, muscles and vital organs benefit significantly when we move in spirals, especially when we spiral around a lengthening spine with a beautifully poised head. Our muscles are stretched and toned, especially the abdominals, and our organs are massaged and oxygenated – likewise spiral movement enables us to utilise the elastic properties of the fascia within our bodies and to develop a light and limber resilience to our body usage.

When we are young we can easily develop these spirals but need some way to do this. Likewise as we age we need to address our body posture, softness, suppleness and resilience – working with spirals in our movement is a structured and very gentle way to do this. Practicing spirals in our movement can help in all exercise in our long-term health management. Mathematically, the spiral arises from the meeting of a straight line and a circle - in movement terms, the ideal partnership is between Alexander Technique and Tai Chi. In this workshop we will practise combining the ability to spiral freely with maintaining awareness of the length and verticality of the spine, with a finely poised head. The resulting quality of movement provides a deep, effective physical workout and often a significant lift in mood!

Ian is a teacher of Chen style Tai Chi – a style which promotes spiral movement for health, suppleness and strength. Judy finds spirals in movement through her extensive work in Alexander Technique, Yoga and Dance.



Judy Hammond & Ian Deavin

Date: 4th August 2013. **Time:** 10.00am to 4.00pm

Venue: The Letchworth Centre for Healthy Living, Rosehill Hospital, Hitchin Road
Letchworth, Hertfordshire, SG6 3NA. **To book:** telephone 01462 678804

Cost: £50. Please wear suitable loose clothing and flat soled trainers or similar