

WALKING

with David Hall



18 - 25 August - 2012

A superb desert walk with Feldenkrais & Alexander Technique practitioner David Hall. This is a walk on walking, an examination of human movement within a beautiful desert exploration.

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In the most beautiful landscape in Central Australia, we are going to do something extraordinary. **Walking with David Hall**, a respected Feldenkrais and Alexander Technique author and facilitator, will be an amazing experience. Amidst the mountains and gorges of the Macdonell Ranges and in the homelands of traditional Arrentre people, you will explore your body within the country around you. As David says *"there is so much to notice and so much to gain from exploring the way you sense and move. Walking well is not only nourishing for your soul, it improves your posture and irons out many of your stress-related aches and pains. It's a great way to clear your mind and connect with where you are.*

This walk on walking will be an opportunity to set down your load and in the midst of some of the most inspiring country on earth find peace within your body. It will be an opportunity to retune yourself; to work with the mechanics of posture, balance and movement in a laboratory of beauty, challenge and wonder.

There will be ample time to experiment and practice. It will be an immersive experience that will enable you to understand then unravel your postural habits. You will return home with a new sense of your body and an ability to walk with pleasure."

David Hall has been a practitioner of the Alexander Technique and Feldenkrais Method for over twenty years. He originally trained as an actor and voice teacher and has been working with a variety of somatic practices over the past 30 years. He is the author of 'The Heavenly Gait & other earthly pleasures', an 8CD set of Feldenkrais Awareness Through Movement lessons and 'The Directions', an audio on the Alexander Technique. For more visit

www.bodylogic.net.au



- Sat Assemble at 2pm in foyer of the Alice Springs Resort - visit Araluen Arts Centre - final briefing in the evening. Dine at the Alice Springs Resort.
- Sun Introduction to desert walking along first part of Section 1 of the Larapinta Trail and the magnificent Euro Ridge and Wallaby Gap. Transfer to our private desert camp at Davenport Creek in the foothills of Mt Sonder. [4-5 hours easy/medium grade walking]
- Mon Walk the mesmerizing Ormiston Gorge. [4-5 hours easy/medium grade walking]
- Tues Enjoy a gentle walk from camp. Travel to Ipolera via Tyler's Pass with a view of the extraordinary Thoralta [Gosses Bluff]. We will be met by our hosts, Traditional Owner Herman Malbunka and Custodian Mavis Malbunka.. [3-4 hours easy grade walking]
- Wed Enjoy a day on country. Walk the Tjilpa Valley with young Arrentre guides and spend some quiet time in this beautiful place. Evening meal with the Malbunka family. [3 hours easy grade walking]
- Thur Break camp and travel to Palm Valley for a short walk with Arrentre guides. Return to the township of Hermansburg, a place steeped in the history and drama of the Central Australian story. We will camp in the old Mission Cultural Precinct and spend the evening with local people. [2-3 hours easy/medium grade walking]
- Fri Break camp and wind our way back to Alice Springs via a magic walk through Standley Chasm, a twisting maze of gorges and inspiration. Participate in a celebratory evening meal at the Resort. [2 hours medium/hard grade walking-easy option available]
- Sat Breakfast at the Resort and then personal time in Alice Springs before shuttle return to airport.

TOTAL COST OF \$2990 INCLUDES

- 2 nights accommodation at the ALICE SPRINGS RESORT - twin share - [single upgrade \$150 per night] - includes cooked breakfasts.
- 1 night at Hermansburg Cultural Precinct.
- 4 nights desert camp under the stars with all camping equipment provided.
- All coach transport including shuttle to and from Alice Springs Airport.
- Formal & on-track workshops with David Hall.
- Licensed guided Larapinta & Ipolera Trail Walk with lead guide, support vehicle & camp manager.
- All cooked breakfasts, morning & afternoon teas, lunches, dinners, snacks on the track.
- Araluen Arts Centre & the Namajira Galley on first Saturday.
- Private camps and indigenous interactions.
- First aid, satellite phones, all National Park fees etc.
- Surprises that you will just have to take my word for.

EXCLUSIONS:

- airfares - flight options can be viewed on the website
- evening meals in the Alice Springs Resort
- alcohol

A non-refundable deposit of \$600 will secure your your place.
All details and trip notes available at from Into the Blue Creative Walks
www.intotheblue.com.au - 0414 929768

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OVERALL

Into the Blue designs your itinerary around the capacity and objectives of the group. The itinerary seeks to blend elements such as indigenous culture, your workshop, meditation and interpretative guiding within the context of a walking journey. Please note that the itinerary may change due to weather, aboriginal cultural imperatives or simply to better suit the objectives of the group.

WORKSHOP

The walk itself is a workshop. Each day includes morning and evening classes, but the real class is your daily immersion in the nature of how your body moves through space. Below are detailed a list of the areas that will be discussed throughout the week

ABORIGINAL

The aboriginal interactions are a feature of Into the Blue programs. Meaningful and personal interaction with one of Central Australia's most articulate and passionate indigenous advocates is a profound highlight of the trip.

FITNESS & TRAINING

The walking component of this journey allows you to feel and contemplate the landscape around you. Each day on the track involves between 2 and 6 hours walking. The adventure is graded easy/moderate, requiring a fair level of aerobic fitness. Please contact Into the Blue to discuss any fitness issues. You will carry a simple day pack that includes water, jacket, lunch, camera etc.

CAMP LIFE

Our nights under the stars will be a highlight of the trip. Whilst the facilities are basic there will be a pit toilet & washing facilities. Sleeping will be in comfortable mosquito-proof bivvy bags. All camping gear is supplied. You will be expected to share some tasks around the camp such as rolling your sleeping bag etc.

CLIMATE

Expect cool nights and warm, clear days. This is generally a magnificent time of the year in the Australian desert with everything that crawls soundly asleep and no or few flies.

WHAT TO BRING

A printable equipment and clothing list is provided on the website under the specific journey notes.

FLIGHTS & ACCOMMODATION

A printable flights and information list is provided on the website under the specific journey notes.

ALCOHOL

We will provide a reasonable level of alcohol. There is no alcohol permitted when we are on aboriginal country, although most people to make up for that on the last night in Alice Springs.

UPON BOOKING

A representative of the Into the Blue shall call you upon booking. Final payment is due one month before your departure. Please don't hesitate to call with any questions you might have.



A note from David

Your body is a wonderland of sensation.

If you take the time to be still and pay attention to those sensations you can learn a great deal about how to balance yourself and move easily.

This workshop will enable you to walk effortlessly by assisting you to read and understand that language of sensation.

In our culture it's easy to get out of touch with your body. To lose sight of what you feel or of when you need to rest. Small stresses, if left unchecked, can over time become big stresses. Little things like sitting for long periods at a workstation or walking with an uneven or jerky rhythm affect you in more ways than you realise.

This walk on walking is an opportunity to reconnect. To listen to what's going on both within and without you and to bring yourself back into balance.

We will draw upon the ingenious movement explorations of Moshe Feldenkrais and FM Alexander before and after each section of the journey. The warm up and cool down explorations will refine your sense of your body and how to move it well. As you journey deeper into country you journey deeper into both the experience of your body and the awareness of where you are.

We are seeking to reveal effortless movement by stripping away the barriers to natural action. It's a wonderful experience and we look forward to sharing it with you.

For more information on the work please visit my website www.bodylogic.net.au .

David Hall



ARTICLE BY TINI SOCHON FROM
THE DESERT WALK ON WALKING - 2010

Walk On Walking - WOW!

By Tini Sochon

I got to be one of the fortunate few to go to Central Australia and Walk with David Hall. When I first mentioned the probability of going on the walk to my husband Phil he said "Not without me you dont!". His enthusiasm was justified. He calls it "life changing". I've wanted to get this walking "thing" happening in my life for years but am always intercepted by a sore this or a sore that, this time I was determined to give it a good shot and learn what I could and hope that I survived the week. I more than survived it and now consider myself a "walker".

David's idea of taking people on an extensive 7-day walk, married well with a company called Into The Blue run by Raymond Hawkins. Raymond conducts walks into more remote parts of the McDonnell Ranges. He is closely linked with the local indigenous communities, providing them with work opportunities in sharing their beautiful country and culture with groups like ours. Raymond himself had a knee injury and was helped greatly by an FI with David which enabled him to keep doing his walks. So it happened that he and David collaborated to run this Walk on Walking, David being the Feldenkrais teacher and guide, and Raymond being the organiser, together with his entourage of two cooks and two Aboriginal guides.

As I see it there were three components to the week, each of which made it a special experience. One component was the walking itself and the Feldenkrais/Alexander learning, another was the cohesiveness and connections quickly made with the group, and the third was the Aboriginal content.

The group itself was comprised of people from all over Australia. We were a mixed bunch of Alexander teachers, Feldenkrais practitioners, business people, a social worker, a choir leader and a TV comedienne. From the first it became apparent that many of the group enjoyed singing, one guy brought his ukelele and played it a lot, so that made campfires, busrides and walks a lot of fun. Add to that interesting conversational interactions, punctuated by perfectly timed jokes from our comedienne and others, the days went by too fast.

The Aboriginal guides, two young men, Nicholas and Malcolm, soon became our friends and we learned many things from them as they freely shared knowledge of their environment and culture. A highlight for us women on the walk, was being invited by two Aboriginal women to visit a place where they do "Women's Business". As it is with women often, we got down to business pretty quickly, no small talk. They showed us their special place and told us what it was used for and freely answered our questions, things that the men never get to find out about.

We walked (and sometimes climbed) for two to five hours each day into the most beautiful places of our country. The desert was in bloom, apparently like never before. Each day we began with an ATM, the mornings were often very cold so we would place our mats in a circle around the fire. Then we would set off and during the walk David would often stop and remind us of something. We would stop for lunch in stunning out of the way spots, specially picked by Raymond - creeks and rockpools, mountaintops, valleys, every day something new. On our return to camp, we would have another ATM. Each day David introduced another process to add to our learning. On the last day he brought it all together with a beautiful lesson called 'The Hands of Heaven and Earth' which we did on a dry river bed. David was always observant, thoughtful and looking for ways to enhance each person's experience with some hands-on help or advice. His gentle approach and ability to come alongside, made learning safe and positive.

There were two main themes in the workshop. The first one related to recognizing and understanding the language of sensation. As David puts it "we examined our orientation both within and toward gravity, the environment and each of our sensory fields". We explored the way seeing, hearing and our sense of smell could be felt within our bodies. We then applied that understanding to our sense of space and our capacity to feel where we were. This was greatly enhanced by observing how Nicholas and Malcolm paid attention to, and felt, their immediate environment.

The second theme, expressed in the ATMs, was the functions of and relationships between our limbs, head, spine and pelvis. We often slowed our movement down to the natural rhythm of our breath in order to feel how our whole body was involved in what we were doing. In walking, we paid attention to the sound of movement

and to the feel of wherever we were. We explored how our alignment affected the way we shifted our weight, and to the way we balanced ourselves going up or down large steps.

As for my ability to walk easily, it didn't go without a glitch. On Day 2 my foot twisted when I got up suddenly from sitting on some rocks at lunch time. As the day went on it got swollen and was very sore by the evening. I bandaged it, said a prayer and tried not to panic. I did some tiny movements through the night while in my sleeping bag. Next morning I started walking around the campsite as mindfully as I knew how to. Then we did the usual morning ATM together with David and set off on the day's trek. I decided to just start and see how I went and if I needed to turn back I would, but as I kept walking it got better and better and continued to do so. By Day 5 the swelling had gone right down and I hadn't missed any of the walks. In fact, walking became more and more pleasurable and by the end of the week one of our group commented on how he just enjoyed watching me walk!!

Final comments – It was a WOW! experience from start to finish, in a creative environment with space to be able to think about one thing, supported by great relationships, a definite “would love to do again” experience for both Phil and myself. We count it as one of the Best holidays ever.

Any down sides? Well if you can call not showering for a week a downside.... We were offered a shower on the 5th day but most of the group didn't take it up, we were all enjoying the sense of being uncivilised I think. Being the middle of winter helped.

TINI SOCHON - Feldenkrais Practitioner

