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Fall 2017     September -- December

## Frequency and depth

For the third week of August I went to a Feldenkrais Retreat at Camp Medomak in Washington, Maine. Medomak used to be a boys' camp, Twenty years ago it was converted, in part, into a place where groups can hold summer retreats. The setting is idyllic: a forested and partially mowed mountainside that slopes down to a three-mile long lake. The facilities are just right, and the cooking is superb.

Our Feldenkrais group of twenty-three had seven days together. The first and the last were half-days, for arrival and departure. In between we had five days of study. The main activity was group class, which we call ATM. It stands for Awareness through Movement and means a movement theme explored for an hour, or more. We had fifteen ATM's in five days. That's a lot!

My first personal goal for the Retreat was to swim in the lake. That was realized; *see below*. My second goal was to learn new lessons, both for my own benefit and to share with my students. Here, too, my feeling is "Mission Accomplished."



In addition, there was a surprise. I have the feeling of being brought to depth. This experience is difficult to bring into words. It is a feeling of being touched by something. And, you may well ask, touched by what?

I have the feeling of being touched by contact with a larger Self. This is not the small "s" self of selfishness. It is a feeling broader, more stable, and more lively than selfishness. Certainly the private meditations in the outdoor chapel and at the side of the lake played a part. But mostly the new feeling came from the hours of Feldenkrais instruction. Somehow, by paying very close attention to one self, and physically especially, one comes to a new experience. It was not just my own experience. It could be felt in the harmony of the group.



*Above:* Our group at the 2017 Feldenkrais Retreat at Camp Medomak

*At left.* There was time during the Retreat for swimming in the lake. That's me in the water!