



Core Energetics Body-Mind Movement Class

Frequently Asked Questions (FAQ)

Below are answers to questions that new participants to my Core Energetics Movement Class (“Noon Moves” and “Flow of Life”) have asked. If you have additional questions, you’re welcome to call me at 503-963-8600 or send email to me at Stephen@stephenshostek.com

The web address for general info about this class is http://www.stephenshostek.com/core_energetics_movement_class.html

Where are the Core Energetics Movement classes held?

I usually run the classes in my office at 819 SE Morrison Street suite 130, Portland, OR 97214. In the event that enrollment exceeds the capacity of my room, I run the class in a nearby movement studio located a few blocks from my office.

What kind of clothing is appropriate for Noon Moves and Flow of Life classes?

The movement is structured so that it can fit in with regular work attire - "business casual" might be a good phrase (although I recall one participant who always participated in a business suit). There is no need for specialized athletic clothing – any loose fitting clothing that permits movement will do. For women, I suggest to not wear a skirt if possible that day, but to make it a day for loose fitting slacks/pants to facilitate movement. We work shoeless, in socks or bare feet.

What sort of physical activity can I expect in this class?

The activity in the class is based on awareness, mindfulness, and movement. The physical movement spans a range: much of the movement is gentle and small in nature and at times I invite the class into movement experience that is vigorous or strength-oriented. Whether the movement be gentle or vigorous, big or small, my focus is always on self awareness and on watching/noticing what arises in you. Please be sure to make me aware of any physical limitations you might have related to movement (e.g. knee pain, dislocated shoulder, etc.)

Are there any particular movement “forms” that you use in this class?

Some of the movement involves stretching and/or strengthening exercises. Some of the forms may remind you of yoga poses (downward dog, cat pose, cow pose, etc.) or Tai Chi (the bow) and are derived from those forms. I don’t focus on precision with these forms as a yoga instructor might. Others movement forms may be reminiscent of athletic stretches used prior to running or climbing.

Do you use sound or vocalization in this movement class?

During some of the movement I invite participants to make a sound or vocalization during exhalation. The sound may be as simple as a sigh or a vocalization like "HA!". Please do let me know if hearing or participating in such a thing would present any difficulty for you. I create the opportunity to bring movement to the muscles of speech and expression during this class, always with that same quality of self awareness and on watching/noticing what arises in you.

Do you permit “observers” in this class? I’m not sure that I’m comfortable with body-mind movement.

In this class meeting, I work to create a safe container for exploration of self. One element of that safe container is the way that class participants engage in the activity as a group. For example, I discourage cross-talk between participants

during the class and interaction between participants is minimal during the movement class. Having an observer in the class who didn't participate would change the feeling tone of the class by adding the element of an outside observer, so I have not included observers in this class format in order to promote group cohesion and the "safe" feeling it can bring.

In this class I encourage participants to take care of themselves. Sometimes this means that a participant will step back and not participate in a particular exercise. For example, I've had participants with physical limitations due to injury (dislocated shoulder, knee injuries, etc.) who have cared for themselves by not participating in an exercise. Or, I've had participants who were particularly moved by an exercise and paused to take a moment to breathe, feel their emotions, and center in themselves before continuing. My focus in the class is supportive and nurturing, so I encourage participants to pause when they need to, to be in a caring connection with themselves, and to offer themselves empathy.

Do you take drop-in participants?

No, I don't admit drop-in participants. In order to build a safe and supportive group container, I require a 6-week commitment for participation in this movement group. The continuity in attendance creates some familiarity for group members and a sense of consistency that contributes to a supportive and safe environment for participants in the class.

Additional questions? I invite you to contact me in email to Stephen@stephenshostek.com or to visit my web site at www.stephenshostek.com or call my office: 503-963-8600.

Be Well!

--Stephen