

# MOVE with Intention

Joy, Learning, Potential

April BALDWIN

63, boulevard des Invalides, 75007 Paris

+33 6 14 29 19 45

abbraingym@gmail.com

movewithintention.org

**Self-Awareness, Voluntary Motor Control Education, & Embodied Learning**, Paris, 2009 – Present.

## Professional activities

Consulting Efficient, fluid, static and dynamic posture, alignment, balance and movement.  
Alternatives to impulsivity and conditioned responses to stress.  
Physical awareness and attention.  
Respiratory awareness and comfort.  
Understanding, memory and concentration.  
Identification and clarification of priorities.  
Creative thinking and learning.  
Effective communication, verbal and non-verbal.  
Correlation between priorities and decisions.  
Ease, confidence, and satisfaction.

Primary Motor Integration, Paul Landon, primary motor reflex testing and educational integration, license 2013.

Rhythmic Movement Training, Moira Dempsey, primary motor reflex testing and educational integration, certification 2010.

Feldenkrais Method, Paul Newton,, certification 2016, Awareness Through Movement and Functional Integration lessons.

Kinesthetic Education including *Brain Gym, Whole Brain Learning, Optimal Organization, Movement Dynamics, Vision Gym, Double Doodle Drawing, and Movement Reeducation*, Paul Dennison, Paul Landon, Kay McCarroll, licenses 2011/2012.

No Risk Abdominals Method, Anatomy for Movement, Blandine Calais Germain, license 2012.

## Teaching, Workshops and Conferences

Instructor: *Brain Gym 1 and 2; Optimal Organization; Movement Dynamics; Vision Gym.*

MOVE with Intention group movement workshops, 2011, 2012.

Association d'Aide aux Dyslexiques ("AADYS"), 2013 Summer Camp for adolescents with special needs.

Brain Gym for Accountants, 2013.

*Brain Gym and Feldenkrais*, Brain Gym French National Congress, 2014, Avignon.

## Complementary studies

The Trilogy, Feldenkrais 4 module post-training with Larry Goldfarb, 2017/ 2018, Paris

Enriching the image of the rib cage, Feldenkrais post-training with Julie Peck, August 2017, Paris.

Anat Baniel Method NeuroMovement for Children with Special Needs, June 2017, London.

Non-violent Communication, base training, 3 modules, with Pascale Mohlo, Autumn 2017, Paris

*The Systems View of Life*, Fritjof Capra, 12 week Internet course, spring 2016.

*The Keys of Brain Functioning*, Clothilde Inger, 2011-2012, series of 6 workshops: *The Brain, Structure and*

*Function; The Development of the Brain; Emotions; Senses and Movement; Memory; and Consciousness.*

*Anatomy for Movement*, Blandine Calais Germain, 2010-2013, series of specialized anatomy

Workshops: *Quick Anatomy, The Spinal Column, No Risk Abdos, The Psoas Muscle, and The*

*Nervous System for Feldenkrais Practitioners.*

*Listen, Communicate, and Act with Your Potential*, ECAP de Nantes, 2010 – 2011, courses: *Touch for*

*Health 1-4 and Metaphors; Palpatory Anatomy and Physiology 1 and 2; Stress Release 1-3; and*

*Learn to Communicate Better.*

*Carrio Training System*, Christophe Carrio, 2011-2012, workshops: *A Body Without Pain; and Reinforce*

*the Center – Stretch Effectively.*

*XXème Journées de Posturologie Clinique*, Scientific and Clinical Innovations, 2013.

*The Child*, Dr. Olivier Soulier, 2015.

*Embryology*, Dr. Olivier Soulier, 2015.

## **Interests**

Meditation, travel, Roling, Cellular Memory, martial arts, yoga, singing, world history, spiritual traditions.

## **Fashion, Dance, Art and Public Speaking** Paris, New York, Moscow, 1992 – 2009.

### **Professional Activities**

#### Fashion

Stella Forest, 2007-2010. Fashion pattern maker. Sales manager.  
Institut Paris Modeliste, 2006-2008. Professional fashion, style, and pattern making studies.  
ADAC and CETEC, 2004-2006. Municipal and private garment making studies.

#### Dance and Public Speaking

American Academy of Dance in Paris, 2002-2004, President of the Board of Directors.  
50<sup>th</sup> Anniversary Gala, "Votre Ecole Chez Vous"; Introductory Speaker for AADP, June 2003.

#### Drawing, Painting and Art History

Parsons School of Arts, Ateliers des Beaux-Arts de la Ville de Paris, American University of Paris, The New School, The Art Student's League, The School of Visual Arts, 1990 – 2002.

## **Interests**

Zanmi Lazante, fundraising for Dr. Paul Farmer, Aids clinic Haiti.  
Pilates, 5 years of weekly mat lessons.  
Yoga, meditation, dance, travel, piano, Suzuki violin, Tai Chi, swimming, horseback riding.  
Russian.

## **Political Science and Law** Paris, New York, and Durham, North Carolina, 1980-1992.

### **Professional Activities**

Davis Polk & Wardwell, New York, Paris, 1986-1992. Corporate / corporate tax lawyer.  
U.S. Circuit Court of Appeals, D.C. Circuit, Washington D.C. 1987. Assistant to Senior Judge Carl McGowan.  
Rosenman, Colin, Freund, Lewis, and Cohen, New York, 1985, Legal intern, environmental issues.  
Manhattan District Attorney's Office, Homicide Division, 1984, Trial Preparation Assistant.  
Citibank, N.A., Wall Street, New York, 1983. Banking intern, check clearing regulations and practices.

### **Education**

Columbia University School of Law, Juris Doctor, New York, 1984-1987.  
Columbia University Law Review, 1985-1987.  
Duke University, B.A. Political Science, Durham, North Carolina, 1980-1983, Magna Cum Laude.  
Dean's List 1981-1983; Class Honors 1981-1983; Political Science finalist for Duke University Faculty Award;  
Pi Sigma Alpha, Political Science Honor Society; Phi Eta Sigma, Freshman Honor Society.

## **Interests**

Flemeister House, Aids residence fundraising, New York, 1991.  
Coalition for the Homeless, New York, 1986-1987. Ameliorate living conditions in welfare hotels.  
Independent Recreation for the Disabled, New York, 1984. Facilitate access to recreational activities.  
Yoga, running, tennis, paddle tennis, racquetball, dance.  
French, Mandarin Chinese (2 years intensive study), Italian, Spanish.