



The Lightner Method™
Babette Lightner

Wholeness in Twelve Registration and Information

(If you are registering by email you can answer the questions in a reply email)

Name _____ Email _____

Phone _____ What Time Zone are you in? _____

Any injuries, issues or other things you'd like me to know about you?

Why are you taking this class?

How did you hear about Wholeness in Twelve?

Information

Business:

Payment for the full class is due before the first class. If you are doing installments your payments are due before each 4-week segment. Payments are not refundable. You have access to all classes and materials even if you can't do the live class.

Risk and liability By registering for this class you are agreeing that you are taking this class at your own risk. Every choice you make to participate in any movement or practice is your and yours alone. I offer suggestions. Listening to your system, your ideas and sensations is what will keep you safe. These responses override any instructions I give. You will not hold me liable for any injuries incurred while participating in the class.

Class:

Live On-line Class will take place Monday, Wednesday and Friday at 7:15 AM Central Standard time. Please adjust for your time zone. Class is usually 12 to 15 minutes on Monday and Tuesday. Friday usually last 20 to 30 minutes. You can join and exit class anytime without disturbing others.

We will use ZOOM for our live class. I will send a separate email with details about using zoom. The link and meeting ID are the same for every class in the series. I will send out a link at least a half-hour before each class to make joining in easy. But if you don't get that email you can use any link from the past.

I recommend joining the meeting a few minutes early. You can put your screen on mute and go have tea. The you are ready to go at class time. I am always there at least 15 minutes before class time and usually more. We have a few minutes right before class to greet each other and some times people suggest something they want to work with. Then I 'pin' my video, everyone mutes themselves and class begins.

The first day please join 15 minutes early to get an orientation to ZOOM.



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Recordings will be available after each class usually within the hour. There is a Wholeness in Twelve class page on my website. You will be invited to join this page once you have registered. This is where all recorded class and support material will be posted.

Individual Lesson an essential part of Wholeness in Twelve is the individual lesson. We go over some of the basic movements and I can help clarify the material to make it personal. It is essential for this on-line format so that I can know you a little and see that you are not setting yourself up for injury. If you are new to the material the earlier in the session we can do this the better. I won't do the lesson after the series ends, (unless we make a plan for this) so please schedule promptly.

Preparatory Material To help you orient to this work I have made a series of 7 preparatory tutorial videos. The first few give you the core ideas. Then there are 2 tutorials for the Monday class, The Wednesday class is number 6 and 6a. The skin sense is to support the Friday class. I will be making new ones in the next weeks. But these are adequate for now.

These are on vimeo at this link: <https://vimeo.com/album/4957806>

The password for the album and individual videos is wimwit

Wholeness in Twelve is an expression of my work developing the language to correspond to our understanding of the human system as a whole. I have many resources on my website, articles and more to give you information about this. For many people this is unfamiliar language. You won't hear me use the word 'body', I'll be saying 'system'. You won't hear me say 'alignment' you'll hear me say 'Spring' or 'Suspension' or 'Can you tell if you are?' There are reasons for this choice of language. If you want to understand this please let me know and I can direct you to resources to answer your questions. The goal of the classes is to be simple and experiential. The theory is in the bonus material.

Application Videos To help translate the class material to real life I make application videos. Usually there is one every week or two. I will direct you to the one I think might support a particular class we have had. These are all optional, to watch if you choose.

Class Tracker The class is rooted in wholeness. But we grasp things in parts, in organized chunks. To help balance the broad wholeness work with details and parts I suggest using the 'Class Tracker'. People have reported it as a useful tool to reorient in the material, avoid getting overwhelmed and making connections. Here is a link: [http://www.lightnermethod.com/uploads/8/5/6/1/85610178/wit_tracker .wholeness in motion.pdf](http://www.lightnermethod.com/uploads/8/5/6/1/85610178/wit_tracker_wholeness_in_motion.pdf)

I suggest printing it out and having it available for you when you do class.

Final Thoughts My wish is for this material to support you to thrive. Even if you don't use the recordings, your presence in the google classroom with comments, relevant resources, poems or insights is a form of engagement that can deepen the work for you and others. I heartily encourage you to participate this way if you so choose, if it feels good to you. **Please take care of your self in this work and communicate with me as questions, concerns or suggestions occur.**

Thank you, Babette