

# The Elusive Obvious Or Basic Feldenkrais Moshe

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[Moving from the Inside Out](#) - Lesley McLennan 2020-07-28

Seven powerful principles for better, more easeful movement--a Feldenkrais approach. More often than not, we move through life focused on results or where we're going, rarely paying attention to how we move until we experience pain or need to learn a new skill or perform at an elite level. But movement isn't just about getting things done or getting from here to there: at its essence, it's an integration of thinking, sensing, and feeling with action such that to change one part changes the whole. This book is written for those times when we don't need quick fixes, bandaids, or shortcuts to solve an immediate problem, but can instead dedicate time and attention to explore, laying the foundation to become experts in our own body and movement patterns for long-lasting positive growth. Moving from the Inside Out shows us how to resolve complex movement issues, balance stability and instability, increase power and precision, and explore our own movement using innate learning strategies. Written for practitioners, movement therapists, and somatic teachers and students, the curious athlete or casual learner will also find much to gain in learning the practical and accessible fundamentals of movement. Authors Lesley McLennan and Julie Peck introduce seven core principles that address: The dynamic balance between instability and stability How to move with ease and grace The

secrets of flexibility and support embedded in every musculo-skeletal system How anxiety and curiosity shape our individual developmental sequence How qualities of movement are clues for your investigation The special role of intra-abdominal pressure in our physical and emotional worlds How moving and learning are entwined

[Singing with Your Whole Self](#) - Samuel H. Nelson 2018-04-05

This book teaches performers to use the Feldenkrais Method of neuromuscular activities to ameliorate problems of tension, muscle strain, and illness in order to obtain optimal vocal performance. It contains important and unique modularized lessons specifically designed for liberating function in all musicians, and singers in particular.

[Decisions, Decisions](#) - Randy Green 2010-09-01

At an impasse over relationships, jobs, or health matters? Choosing just got a whole lot easier. Decisions, Decisions is for anyone who's been stuck in an unfulfilling relationship they can't decide whether to leave; anyone plodding along in the same job for years without advancing their goals; anyone who feels like a prisoner of poor habits that perpetuate an unhealthy lifestyle—and anyone who just accepts whatever comes their way instead of proactively making smart decisions. This book helps these people learn how to shift the way they decide. With case studies and checklists throughout, Decisions, Decisions is organized into three parts

that lead readers to understand their behavior and learn how to change it. Psychologist Randy W. Green, PhD, begins by illustrating how people become paralyzed by their own "rules," leading to indecision and poor decisions that can have serious health consequences. He then explores how past traumas and stress reactions inhibit present choices, and the effects our own unique body language has on decision making. And he shows how to make better decisions by shifting our attention away from where we want it least and toward what is possible, leading to good decisions that are truly in our best interests.

**The Potent Self** - Moshe Feldenkrais 2002-11-08

Moshe Feldenkrais, D.Sc., a visionary scientist who pioneered the field of mind-body education and therapy, has inspired countless people worldwide. His ability to translate his theories on human function into action resulted in the creation of his technique, now known as the Feldenkrais Method of Somatic Education. In *The Potent Self*, Feldenkrais delves deeply into the relationship between faulty posture, pain, and the underlying emotional mechanisms that lead to compulsive and dependent human behavior. He shares remarkable insights into resistance, motivation, habit formation, and the place of sex in full human potential. *The Potent Self* offers Feldenkrais' vision of how to achieve physical and mental wellness through the development of authentic maturity. This edition includes an extensive Forward by Mark Reese, a longtime student of Feldenkrais, in which Reese discusses many of the important ideas in the book and places them in the context of Feldenkrais' life and the intellectual and historical milieu of his time.

[Relaxercise](#) - David Zemach-Bersi 2016-05-17

The Extraordinary Exercise Program Based on the Revolutionary Body-Improvement System Developed by Dr. Moshe Feldenkrais With these brief (ten to thirty minutes) exercises, anyone can learn to improve their posture, flexibility, and physical comfort, and end the energy drain caused by muscular tension. This popular application of techniques -- never before available in such an easy-to-use form -- targets such key areas as the lower back, shoulders, neck, spine, eyes, feet, and jaw. Enhanced vitality and elimination of pain and stress will be yours

through these thoroughly researched and patient-tested techniques that actually reprogram the neuromuscular system.

*Feldenkrais with Alfons - Getting Better Day by Day - the Workbook* - Alfons Grabher 2017-12-14

This one-of-a-kind workbook guides you through 9 amazing movement sequences, so called FELDENKRAIS(r) lessons. Every lesson is built on top of the other. With one lesson per day this results in a sophisticated, life changing 9 day program - a journey of learning and exploration. The very easy to read structure of this book helps you to get a quick overview over the lessons, a better understanding of the connections between lessons, and makes it easier to identify the strategies used in the lessons. Plus you'll have something to show to your people when you're trying to explain what you're doing. You can use this workbook to deepen your own practice and understanding, or use it as teaching tool to get others to roll on the floor and to learn more about themselves. I originally created the "Getting Better Day By Day" lessons as a beginners video course for my YouTube channel with over 12,000 subscribers. In this workbook I try to use the same light, colloquial, humorous, yet sincere and authentic spirit I show in my videos. It is a thoroughly designed workbook and rides on the back of my professional education and my 10+ years teaching experience of the FELDENKRAIS(r) method with clients in person. Lessons overview: Day 1: Lifting your head in supine position Day 2: Your eyes and your pelvis help lifting your head Day 3: Elbows towards knees a Day 4: Getting to know your shoulder girdle and its connections to the whole body Day 5: Floating and lengthening, starting with your dominant hand Day 6: Lifting your legs in prone position Day 7: Lifting your head in prone position Day 8: Rolling over easily, using everything you've got Day 9: Flexion & extension in 16 different positions The workbook contains 252 pictures plus descriptions and bold titles for easy navigation.

[Embodied Wisdom](#) - Moshe Feldenkrais 2011-06-28

An educational system of neuromuscular re-education known for its gentle approach, the Feldenkrais Method has been shown to dramatically improve individual functioning by increasing self-awareness and

facilitating new patterns of thinking, moving, and feeling. Intended for those who need to improve their movement repertoire for professional reasons--dancers, musicians, martial artists, gymnasts, and athletes--as well as those wishing to reduce pain or limitations in movement, Feldenkrais is based on the idea that learning to move better can improve anyone's overall health on many levels. Using Moshe Feldenkrais's own words, *Embodied Wisdom* clearly explains the basic principles underpinning his techniques, Awareness Through Movement (ATM) and Functional Integration (FI). These thoughtful articles and lively, sometimes humorous interviews explore a diverse range of subjects: the importance of bodily expression, the primacy of hearing, the mind-body connection, martial arts, sleep and consciousness, movement and its effect on the mind. *Embodied Wisdom* gives readers the opportunity to deepen their understanding of the scientific and spiritual principles behind the Method and offers sound strategies for incorporating it into their lives.

**Sweet Lady J...Mother, Muse & Root of Nearly Everything** - Brian J. Shircliff 2017-06-13

Sweet Lady J invites us to choose...Be a Boss Be a Slave Or seek Mastery!

**The Potent Self** - Moshe Feldenkrais 2002-11-08

Moshe Feldenkrais, D.Sc., a visionary scientist who pioneered the field of mind-body education and therapy, has inspired countless people worldwide. His ability to translate his theories on human function into action resulted in the creation of his technique, now known as the Feldenkrais Method of Somatic Education. In *The Potent Self*, Feldenkrais delves deeply into the relationship between faulty posture, pain, and the underlying emotional mechanisms that lead to compulsive and dependent human behavior. He shares remarkable insights into resistance, motivation, habit formation, and the place of sex in full human potential. *The Potent Self* offers Feldenkrais' vision of how to achieve physical and mental wellness through the development of authentic maturity. This edition includes an extensive Forward by Mark Reese, a longtime student of Feldenkrais, in which Reese discusses many

of the important ideas in the book and places them in the context of Feldenkrais' life and the intellectual and historical milieu of his time.

**The Feldenkrais Method** - Yochanan Rywerant 2003

The Feldenkrais Method is a presentation of the system of Functional Integration devised by the Israeli scientist Dr. Moshe Feldenkrais. This system is a way of handling the body by communicating specific sensations to the central nervous system in order to improve the functions of the motor-system. Functional Integration is unique in that it evokes changes in the human brain at a level heretofore thought unachievable by any known educational technique.

*Singing With Your Own Voice* - Orlanda Cook 2015-11-17

This is a comprehensive, practical, encouraging book full of exercises and tips for anyone who wants to - even needs to - sing. Actors in straight plays, performers in musicals, professionals and amateurs, even people singing in choirs or bands will all benefit from Orlanda Cook's expert guidance.

*The Feldenkrais Method* - Staffan Elgelid 2021-04-27

Key features of this book: Comparisons about similarities as well as differences between the different methods. It also shows very clearly how the Feldenkrais Method can be applied in a variety of specific settings. By using sound research as the foundation of this book, it will be applicable not only to somatic practitioners but also to health care workers who are looking for more evidence-informed practices for their patients. In the experiential parts MP3 files of the lessons are included. Edited and written by 24 leaders in the field.

*The Master Moves* - Moshe Feldenkrais 2019-05-23

*The Elusive Obvious* - Moshe Feldenkrais 2019-04-23

Scientist, martial artist, and founder of the method that bears his name, Moshe Feldenkrais wrote several influential books on the relationship between movement, learning, and health. In *The Elusive Obvious* he presents ideas that are more relevant today than when the book was first published, as current research strongly supports many of the insights on which the Feldenkrais Method is based. This beautiful new edition is

ready to be treasured by an emerging generation of somatic practitioners, movement teachers, performing artists, and anyone interested in self-improvement and healing. The two main strands of the Feldenkrais Method—Awareness Through Movement and Functional Integration—are now known by many around the world for reducing pain and anxiety, cultivating vitality, and improving performance. The Elusive Obvious presents a thorough and accessible explanation of the Feldenkrais Method, and, as its title indicates, throws light on the solutions to many of our difficulties that are hidden in plain sight.

*Stop Chasing Pain* - Perry Nickelston 2017-01-31

Stop Chasing Pain empowers readers to take back control of their lives from pain--to get over their fear of movement and regain a connection with their bodies. Movement is brain candy and neural nitro for the whole body. Change how you move and you change your life! The human body is designed to move. Today's sedentary lifestyles and cookie-cutter exercise programs make us more prone to pain and injury. The answer lies in going back to how we learned to move in the first place, taking the body back to ground zero and tapping into fundamental human movement patterns. Full-body movements that integrate our muscular subsystems gives us strength, power, flexibility, timing, and coordination. Stability (the ability to control force) rules the movement road. Mobility without the ability to control it becomes a liability. This book helps readers regain stability by using Dr. Perry's unique RAIL Reset system to optimize function of the movement subsystems. Release, Activate, Integrate, Locomotion is the simple system that teaches people how to move better and keep it that way. Strength isn't bui Stop Chasing Pain begins with a fundamental pattern assessment to help readers see where they fall on the movement scale and how much stability they need to regain. Then it explains how to use the RAIL Reset system (Release, Activate, Integrate, Locomotion) to regress movement and progress strength. Mobility restrictions and pain are linked to dysfunction in the five movement subsystems: intrinsic, posterior oblique, anterior oblique, lateral, and deep longitudinal. Without these we don't move. Dr. Perry shows readers how to release them with rollers, balls, and bands;

activate them with Chapman Reflex points; integrate with Powerhouse stretching and Primal Movement Chains fundamental patterns; and then stand up and move (locomotion).

**Thinking and Doing** - Moshe Feldenkrais 2013-10

In 1929, a young Moshe Feldenkrais published his Hebrew translation of the book, *The Practice of Autosuggestion by the Method of Émile Coué*. Feldenkrais not only translated the book, but composed and added his own observations in two additional chapters, which are presented here in this monograph. Feldenkrais noted that the work of Coué was primarily focused on resolving problems, and realized that these same ideas could be used proactively to improve one's abilities. Feldenkrais writes, "We will explore this issue and see if we can take it a step forward. Using examples from real life, we will demonstrate that by using autosuggestion we can achieve far superior results rather than merely being in a condition no worse than someone else's." Feldenkrais offers numerous examples of how

*Somatic Voices in Performance Research and Beyond* - Christina Kapadocha 2020-10-21

*Somatic Voices in Performance Research and Beyond* brings together a community of international practitioner-researchers who explore voice through soma or soma through voice. Somatic methodologies offer research processes within a new area of vocal, somatic and performance praxis. Voice work and theoretical ideas emerge from dance, acting and performance training while they also move beyond commonly recognized somatics and performance processes. From philosophies and pedagogies to ethnic-racial and queer studies, this collection advances embodied aspects of voices, the multidisciplinary potentialities of somatic studies, vocal diversity and inclusion, somatic modes of sounding, listening and writing voice. Methodologies that can be found in this collection draw on: eastern traditions body psychotherapy-somatic psychology Alexander Technique, Feldenkrais Method Authentic Movement, Body-Mind Centering, Continuum Movement, Integrative Bodywork and Movement Therapy Fitzmaurice Voicework, Linklater Technique, Roy Hart Method post-Stanislawski and post-Grotowski actor-training traditions

somaesthetics The volume also includes contributions by the founders of: Shin Somatics, Body and Earth, Voice Movement Integration SOMart, Somatic Acting Process This book is a polyphonic and multimodal compilation of experiential invitations to each reader's own somatic voice. It culminates with the "voices" of contributing participants to a praxical symposium at East 15 Acting School in London (July 19-20, 2019). It fills a significant gap for scholars in the fields of voice studies, theatre studies, somatic studies, artistic research and pedagogy. It is also a vital read for graduate students, doctoral and postdoctoral researchers. *Walking Your Talk* - Lavinia Plonka 2007-03-01

In every movement of our bodies, we express a world of emotions. But our movements don't just reflect our emotions—they directly affect them. In *Walking Your Talk*, Lavinia Plonka explores the connection between how we move and how we feel. Our movements and body posture are more than just simple expressions of our feelings—they are a powerful factor in our well-being. And changing them can be a crucial first step in altering our emotional behaviors. Drawing from her years of experience as a movement teacher and Feldenkrais Method(r) instructor, Plonka provides simple exercises, thought-provoking lessons, and real-life examples that help readers better understand the relationship between their movement patterns and their emotional state. After beginning with an overview of both historical and modern ideas about the correlation between bodily movement and human emotion and expression, Plonka turns theory into practice by addressing each major area of the body—and the emotional baggage held there. Through exploratory exercises, we learn more about: - how we carry stress—from responsibilities, family issues, and financial burdens—in our shoulders; - why we "freeze" the pelvis—the bodily center of personal freedom, power, spontaneity, and sexuality; and - the self-confidence (or lack thereof) we convey through our carriage. Whether she is examining how a depressed chest can make us feel psychologically depressed, how body language is used to deceive others, or how loosening our pelvis can help us break a lifelong cycle of self-destructive behavior, Plonka is always caring and insightful, guiding readers to a deeper awareness of themselves and how changing their

posture has the potential to change their whole lives. *The Case of Nora* - Moshé Feldenkrais 1977

*The Elusive Obvious* - Moshe Feldenkrais 2019-04-23  
Scientist, martial artist, and founder of the method that bears his name, Moshe Feldenkrais wrote several influential books on the relationship between movement, learning, and health. In *The Elusive Obvious* he presents ideas that are more relevant today than when the book was first published, as current research strongly supports many of the insights on which the Feldenkrais Method is based. This beautiful new edition is ready to be treasured by an emerging generation of somatic practitioners, movement teachers, performing artists, and anyone interested in self-improvement and healing. The two main strands of the Feldenkrais Method—Awareness Through Movement and Functional Integration—are now known by many around the world for reducing pain and anxiety, cultivating vitality, and improving performance. *The Elusive Obvious* presents a thorough and accessible explanation of the Feldenkrais Method, and, as its title indicates, throws light on the solutions to many of our difficulties that are hidden in plain sight. *Move into Life* - Anat Baniel 2009-04-28

Remember a time when you were bursting with energy, curiosity, and creativity? When your body felt strong and flexible, free of any aches and pains? With the Anat Baniel Method, you can feel that way again and experience renewed, intensified vitality—greater health, flexibility, strength, sensuality, clarity of mind, and enthusiasm—now and throughout your life, no matter what your age or physical condition. Your level of vitality is directly connected to your brain. When your brain thrives, growing and making new connections, you are invigorated, infused with a new sense of aliveness and possibility, capable of infinitely new ways of moving, thinking, and feeling. Combining cutting-edge neuroscience, the work of Dr. Moshe Feldenkrais, and her own method based on more than thirty years of experience working with thousands of people around the world, Anat Baniel has defined the Nine Essentials your brain needs to flourish. In this breakthrough book, she offers

specific, practical advice for incorporating those Essentials into everything you do to achieve immediate and powerful benefits. In *Move Into Life*, you'll:

- Learn the Nine Essentials your brain requires to thrive, including movement with attention, subtlety, and variation
- Experience simple, safe physical and mental exercises that satisfy those needs and thus awaken your vitality
- Discover why and how these methods work
- Find easy ways of incorporating the Essentials into your daily life so every activity—from washing the dishes to working at your desk, from interacting with your loved ones to your golf game—brings you renewed vitality

Endorsed by leading physicians, scientists, and transformational teachers, the Anat Baniel Method will help you enjoy renewed energy and stamina. You'll be lighter on your feet. Your memory will be better. Thinking and problem solving will become easier. If you are active in a sport, yoga, or work out at the gym, you will notice yourself performing better and with greater ease and fewer injuries. Most important, you will experience yourself moving more fully into your life.

### ***Skiing with the Whole Body* - Jack Heggie 1993**

Discover the key to expert skiing by learning how to use your whole body when you ski! In *Skiing with the Whole Body* you'll learn how to let your ankles work together with your knees to achieve easy knee flexion; find the balance point for easy turning; speed up your learning by a factor of ten; and teach yourself to ski like you've always dreamed you could. This book uses Feldenkrais Awareness Through Movement exercises to make learning downhill skiing fast, simple, and fun.

### ***Myofascial Release Therapy* - Michael J. Shea, Ph.D. 2014-11-18**

Michael Shea, one of the foremost experts on myofascial release, presents straightforward, practical instructions for dramatically releasing pain and restriction of motion in the body's fascia, muscles, and connective tissue. He introduces a soft tissue, hands-on approach for massage therapists, physical therapists, and other healthcare practitioners that reduces tension and stress in their clients' entire myofascial systems, as well as their musculoskeletal and cardiovascular systems. Therapists with little or no background in myofascial release

and deep tissue reorganization can follow this book's easy guidelines in order to facilitate substantial orthopedic changes and pain reduction in their clients. Illustrated with 70 black and white photos, *Myofascial Release Therapy* includes an at-a-glance section that provides a step-by-step procedure for quick reference. Each photo is supplemented with instructions, as well as with arrows for easy reference in the clinic. This book provides the first integration of the verbal, visceral, and palpation skills of the therapist. It also includes work on the viscera as a way of integrating soft tissue work through the abdomen and pelvis. While manuals on the bones, muscles, and viscera have previously been divided into separate volumes, this book combines them into one. The author offers specific tools and protocols for helping patients "destructure" past somatic experience and reform it into something healthier. He illuminates the interconnectedness between bodies and their relationships to the outside world, including how sensations, feelings, and emotions are organized in the body and how they are coupled to meaning and memory. The result of many years of experience and knowledge, this book provides compelling evidence that myofascial release therapy encourages more rapid healing response of injured tissue.

### ***Higher Judo* - Moshe Feldenkrais 2010-12-28**

Dr. Moshe Feldenkrais is best known for pioneering the somatic therapy that bears his name. Less well known is that he was also one of the earliest European practitioners of the martial art of judo and wrote a number of influential texts on the subject. Primary among these is *Higher Judo*, first published in 1952 and now reprinted with a new foreword that offers useful context and elaborates on Feldenkrais' comprehensive—and still timely—approach to the martial art and to the body. Judo was a natural choice for Feldenkrais's fascination with body/mind exploration and how to promote optimal functioning through awareness. In *Higher Judo*, he presents judo as the art of using all parts of the body to promote general health, and as part of the "basic culture of the body." He reveals judo's potential for creating a sense of rhythm of movement and improving mental and physical coordination. *Higher Judo*

covers specific movements and positions—the astride position, the six o'clock approach, falling techniques—in both the text and the clear line drawings. Even more importantly, it shows how such groundwork can help practitioners develop their mental and physical awareness to their full potential.

*Body and Mature Behaviour* - Moshé Feldenkrais 1949

First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

*Kids Beyond Limits* - Anat Baniel 2012-03-27

Discover the revolutionary way to harness the brain's capacity to heal itself Supported by the latest brain research, The Anat Baniel Method uses simple, gentle movements and focus to help any child, who has been diagnosed with autism, Asperger's Syndrome, ADHD, Cerebral Palsy or other developmental disorders. In this supportive and hands-on book, Anat Baniel guides parents through the nine essentials of the method, each one designed to harness the brain's capacity to heal itself -- with remarkable and sometimes immediate results. By shifting the focus to connecting rather than "fixing," this powerful yet simple method helps both children and parents to de- stress, focus, and grow. Most of all, the it helps all children maximize their potential, no matter what their diagnosis.

**Body and Mature Behavior** - Moshe Feldenkrais 2013-07-23

A victim of debilitating injuries, Moshe Feldenkrais was intimately aware of the link between bodily suffering and mental health. Through healing himself, he made revolutionary discoveries, culminating in the development of the method that now bears his name. In an intellectually rich and eloquent style, Feldenkrais delves into neurology, prehistory, child development, gravity and anti-gravity, reflexive versus learned behavior, the effects of emotion, especially anxiety, on posture, and most importantly, the inseparability of body and mind.

*Sentient Performativities of Embodiment* - Lynette Hunter 2016-05-05

This collection addresses the burgeoning interest in the body as a site of affective and somatic, as well as sociocultural, communication. It explores what performers do with bodies in practice, rehearsal, and

performance and how that translates to audiences and their sociopolitical contexts.

*Child Space* - Chava Shelhav, Ph.D. 2019-12-03

A pioneer in the Feldenkrais movement draws on her extensive experience to offer somatic education practitioners a new perspective on infant development When should my baby be walking? Should I worry if they are not talking yet? What can I do to help my baby in their development? Dr. Chava Shelhav draws on her forty years of experience in the Feldenkrais movement to offer answers using her holistic approach to child development for practitioners, parents, and caregivers. Child Space describes Shelhav's unique method for assisting babies in achieving specific developmental milestones at the appropriate time, including physical skills, language, social skills, emotional attunement, and cognitive development. A baby's natural curiosity and innate desire to learn is stimulated through movements, games, and toys. Methods of touch provide the deep stimulation a baby needs to sense parts of their body, creating the awareness required for mastering motor skills, balance, and coordination. Also covering the importance of nutrition in the beginning years of a child's life, this book presents new perspectives and techniques that will benefit healthcare professionals like pediatricians, family and child therapists, and physical therapists working with infants.

**The Elusive Obvious** - Moshé Feldenkrais 1981

**Body Awareness as Healing Therapy** - Moshe Feldenkrais 1993-12-20

Body Awareness as Healing Therapy: The Case of Nora is Moshe Feldenkrais' classic study of his work with Nora, a woman who has suffered a severe stroke and lost her neuromuscular coordination, including the ability to read and write. Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills. One can observe here the groundwork of Feldenkrais' extraordinary insights which became known as the Feldenkrais Method. We follow his detailed descriptions of the trial and error process which led him to see the ingredients that were needed to help Nora reshape her attention,

perception, imagination and cognition.

The Brain's Way of Healing - Norman Doidge 2015-01-27

NEW YORK TIMES BESTSELLER The New York Times–bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. Now in an updated and expanded paperback edition. Winner of the 2015 Gold Nautilus Book Award in Science & Cosmology In his groundbreaking work *The Brain That Changes Itself*, Norman Doidge introduced readers to neuroplasticity—the brain’s ability to change its own structure and function in response to activity and mental experience. Now his revolutionary new book shows how the amazing process of neuroplastic healing really works. *The Brain’s Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain’s own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated chronic pain; recovered from debilitating strokes, brain injuries, and learning disorders; overcame attention deficit and learning disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy. And we learn how to vastly reduce the risk of dementia, with simple approaches anyone can use. For centuries it was believed that the brain’s complexity prevented recovery from damage or disease. *The Brain’s Way of Healing* shows that this very sophistication is the source of a unique kind of healing. As he did so lucidly in *The Brain That Changes Itself*, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain’s performance and health.

Feldenkrais Illustrated - Tiffany Sankary 2014-12-24

*Feldenkrais Illustrated: The Art of Learning* weaves together the writings of Moshe Feldenkrais with Tiffany Sankary's drawings. Feldenkrais (1904-1984) was a physicist, martial artist, engineer, and somatic pioneer who developed *The Feldenkrais Method*(r), an innovative approach to learning, movement, and awareness to help improve all aspects of human functioning. Sankary illustrates excerpts from

Feldenkrais' books and articles, organizing and bringing to life his core ideas to make them accessible to seasoned practitioners, students and those new to the Method.

*Body Awareness as Healing Therapy* - Moshe Feldenkrais 1993-12-20  
*Body Awareness as Healing Therapy: The Case of Nora* is Moshe Feldenkrais' classic study of his work with Nora, a woman who has suffered a severe stroke and lost her neuromuscular coordination, including the ability to read and write. Feldenkrais uses rational and intuitive approaches to help his student relearn basic motor skills. One can observe here the groundwork of Feldenkrais' extraordinary insights which became known as the Feldenkrais Method. We follow his detailed descriptions of the trial and error process which led him to see the ingredients that were needed to help Nora reshape her attention, perception, imagination and cognition.

**Awareness Heals** - Stephen Shafarman 1997-05-01

The Feldenkrais Method is a revolutionary approach to health and fitness. Using what Dr. Moshe Feldenkrais called “*Awareness Through Movement*,” people of any age or condition can learn to move more comfortably and effectively. In pleasant yet powerful ways, his method reawakens the natural process by which we as babies learned to crawl, walk, and talk. In the U.S. and Canada more than one thousand guild-certified practitioners teach the Feldenkrais Method. *Awareness Heals* is the first book to present the full benefits of the Feldenkrais Method in clear language. It details six basic lessons which help you to become more aware of how you breathe, sit, walk, and otherwise move. By sensing these natural actions, you grow more skillful and supple in all your movements. Through the Feldenkrais Method, you can learn to relieve pain, enhance flexibility, and recover from physical or emotional stress. The gentle movements in *Awareness Heals* are designed for practice at home and work, and even in your car. They fit into any program of fitness, exercise, or therapy. Most important, Feldenkrais lessons demonstrate that such problems as stiffness and stress do not require outside intervention—the remedy lies within each of us.

Rethinking the Actor's Body - Dick McCaw 2020-04-02



How does an actor embody a character? How do they use their body as an instrument of expression? Rethinking the Actor's Body offers an accessible introduction to the fields of neurophysiology and embodied knowledge through a detailed examination of what an actor does with their body. Built on almost a decade of conversations and public seminars by the author Dick McCaw in partnership with John Rothwell (Professor of Neurophysiology at University College London, UK), Rethinking the Actor's Body explores a set of questions and preoccupations concerning the actor's body and examines overlaps in research and practice in the fields of actor training, embodied knowledge and neurophysiology.

The Feldenkrais Method in Creative Practice - Robert Sholl 2021-01-28  
Bringing together scholars and researchers in one volume, this study investigates how the thinking of the Ukrainian-Israeli somatic educationalist Moshe Feldenkrais (1904-84) can benefit and reflect upon the creative practices of dance, music and theatre. Since its inception, the Feldenkrais Method has been associated with artistic practice, growing contiguously with performance, cognitive and embodied practices in dance, music, and theatre studies. It promotes awareness of fine motor action for improved levels of action and skill, as well as healing for those who are injured. For creative artists, the Feldenkrais Method enables them to refine and improve their work. This book offers historical, scientific and practical perspectives that develop thinking at the heart of the Method and is divided into three sections: Historical Perspectives on Creative Practice, From Science into Creative Practice and Studies in Creative Practice. All the essays provide insights into self-improvement, training, avoiding injury, history and philosophy of artistic practice, links between scientific and artistic thinking and practical thinking, as well as offering some exercises for students and artistic practitioners looking to improve their understanding of their practice. Ultimately, this book offers a rich development of the legacy and the ongoing relevance of the Feldenkrais Method. We are shown how it is not just a way of thinking about somatic health, embodiment and awareness,

but a vital enactivist epistemology for contemporary artistic thought and practice.

**Awareness Through Movement** - Moshe Feldenkrais 1990

Moving Consciously - Sondra Fraleigh 2015-07-30

The popularity of yoga and Zen meditation has heightened awareness of somatic practices. Individuals develop the conscious embodiment central to somatics work via movement and dance, or through touch from a skilled teacher or therapist often called a somatic bodyworker. Methods of touch and movement foster generative processes of consciousness in order to create a fluid interconnection between sensation, thought, movement, and expression. In Moving Consciously, Sondra Fraleigh gathers essays that probe ideas surrounding embodied knowledge and the conscious embodiment of movement and dance. Using a variety of perspectives on movement and dance somatics, Fraleigh and other contributors draw on scholarship and personal practice to participate in a multifaceted investigation of a thriving worldwide phenomenon. Their goal: to present the mental and physical health benefits of experiencing one's inner world through sensory awareness and movement integration. A stimulating addition to a burgeoning field, Moving Consciously incorporates concepts from East and West into a timely look at life-changing, intertwined practices that involve dance, movement, performance studies, and education. Contributors: Richard Biehl, Robert Bingham, Hillel Braude, Alison East, Sondra Fraleigh, Kelly Ferris Lester, Karin Rugman, Catherine Schaeffer, Jeanne Schul, and Ruth Way.

**The Use of the Eyes in Movement** - Jack Heggie 2011-11-15  
The eyes initiate and control most motor behavior. Working with the relationship of the eyes to the rest of the body can be a powerful means to improve physical organization and functioning. Jack Heggie combines the theory and practice of "Awareness Through Movement"(r) with the vision improvement of Dr. William Bates and has developed 13 "Awareness Through Movement" vision exercises which reduce eye strain and improve posture, flexibility and visual acuity.