

## Lessons & Resources To Review:

- All Feldenkrais-inspired lessons
- Feldenkrais cheat sheet
- Elia's bonus movement lessons

## Neuroplasticity Basics, Sequencing of Rewiring & Feldenkraisian Learning

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“Slowness of movement is the key to awareness,  
and **AWARENESS** is the key to learning.”

*Norman Doidge, **The Brain's Way of Healing**  
(In reference to Moshé Feldenkrais.)*

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“The motor act is the cradle of the mind.”

*Charles Sherrington*

### THE 5 STAGES OF NEUROPLASTIC HEALING ARE:

1. **CORRECTION** of general functions of the neurons and glia (Basic Housekeeping/Housecleaning.)
2. Neuro - **STIMULATION** (Movement, touch, light, sound, visualization.)
3. Neuro - **MODULATION** (Settling the noisy brain and nervous system.)
4. Neuro - **RELAXATION** (Rest that restores and repairs. Sleep, dozing etc...)

5. Neuro - **DIFFERENTIATION** (Refining skills, growing options and choices.)

*Adapted from Norman Doidge's book, The Brain's Way of Healing - Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity.*

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“The delay between thought and action is the basis for awareness.”

*Moshé Feldenkrais*

## Feldenkrais Cheat Sheet:

- Experience **THE EXPERIENCE** of the movement.
- Notice how you **DO** first. Then, and only then, start to self-correct, shift and change.
- It is NOT just about **MOVEMENT**. It is about the **PROCESS** of improving your neural connections with your **ACTIONS**.
- Slow. Make it slow first. Then **SPEED** up. (Nothing wrong with speed, as long as it's not hurried and rushed.)
- Notice the **SUPPORT** from the environment (the ground; the carpet; the grass; the ice; the snow – your way of acting will change to accommodate that specific environment. Welcome the change.)
- **RECALIBRATE** moment by moment. Pause when needed.  
Stop when needed. Wait. Re-orient. Then .... move a little more.
- Create different **CONSTRAINTS** (meaning - do it differently):

.... **LOOK** in a different direction. **OPEN** your eyes. **CLOSE** your eyes.

Smile. Frown. Practice in the morning, at lunch, right before bed.

- Enhance your **SKILL**. Not your will. Will brings in the **OLD**.  
Skill brings in the future and the **PRESENT** moment.
- Reduce the **EFFORT** . Distribute the work throughout the body.
- There is ( **TYPICALLY** ) not a right or wrong way.
- Explore. **PLAY**. Be Curious.
- Make mistakes in your learning here. You won't **DIE** . (Trust me. You won't ;)

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“Actually, the essence of boredom is to be found in the obsessive search for novelty. Satisfaction lies in mindful repetition, the discovery of endless richness in subtle variations on familiar themes.”

*George Leonard, Mastery - They Keys to Success and Long-Term Fulfillment.*

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“Deep, complex work is built through a relentless, repetitive process of revisitation.”

*Ryan Holiday, Perennial Seller - The Art of Making and Marketing Work That Lasts.*