

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.

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- 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 - The 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.