

## 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 \_\_\_\_\_ 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. \_\_\_\_\_ of general functions of the neurons and glia (Basic Housekeeping/Housecleaning.)
2. Neuro - \_\_\_\_\_ (Movement, touch, light, sound, visualization.)

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3. Neuro - \_\_\_\_\_ (Settling the noisy brain and nervous system.)
  4. Neuro - \_\_\_\_\_ (Rest that restores and repairs. Sleep, dozing etc...)
  5. Neuro - \_\_\_\_\_ (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.*



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

*Moshé Feldenkrais*

## Feldenkrais Cheat Sheet:

- Experience \_\_\_\_\_ of the movement.
- Notice how you \_\_\_\_\_ first. Then, and only then, start to self-correct, shift and change.
- It is NOT just about \_\_\_\_\_. It is about the \_\_\_\_\_ of improving your neural connections with your \_\_\_\_\_.
- Slow. Make it slow first. Then \_\_\_\_\_ up. (Nothing wrong with speed, as long as it's not hurried and rushed.)
- Notice the \_\_\_\_\_ 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.)
- \_\_\_\_\_ moment by moment. Pause when needed.  
Stop when needed. Wait. Re-orient. Then .... move a little more.

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- Create different \_\_\_\_\_ (meaning - do it differently):  
.... \_\_\_\_\_ in a different direction. \_\_\_\_\_ your eyes. \_\_\_\_\_ your eyes. Smile. Frown. Practice in the morning, at lunch, right before bed.
  - Enhance your \_\_\_\_\_. Not your will. Will brings in the \_\_\_\_\_.  
Skill brings in the future and the \_\_\_\_\_ moment.
  - Reduce the \_\_\_\_\_. Distribute the work throughout the body.
  - There is (\_\_\_\_\_) not a right or wrong way.
  - Explore. \_\_\_\_\_. Be Curious.
  - Make mistakes in your learning here. You won't \_\_\_\_\_. (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.*



# Handout For Training Call #8

FELDENKRAISIAN LEARNING & INTENTIONAL HUMAN MOVEMENT

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Personal Notes: