

# Singing With Your Whole Self The Feldenkrais Method And Voice

The Feldenkrais MethodThe Feldenkrais MethodThe Feldenkrais Method in Creative PracticeThe Feldenkrais Method for Executive Coaches, Managers, and Business LeadersThe Feldenkrais Method in Creative PracticeMindful SpontaneityEmbodied WisdomFeldenkraisThe Feldenkrais MethodSinging with Your Whole SelfAwareness HealsFeldenkrais MethodBody Awareness as Healing TherapyThe Elusive ObviousFeldenkrais Method in Performer TrainingA Compendium of Essays on Alternative TherapyThe Feldenkrais Method for Children with Cerebral PalsyThe Potent SelfMoving from the Inside OutIntegrative Medicine Staffan Elgelid Yochanan Rywerant Robert Sholl Garet Newell Robert Sholl Ruthy Alon Moshe Feldenkrais Frank Wildman Abraham Mansbach Samuel H. Nelson Stephen Shafarman Banabas Wisdom Moshe Feldenkrais Moshe Feldenkrais Kenechukwu Igweonu Arup Bhattacharya Chava Shelhav Moshe Feldenkrais Lesley McLennan David Rakel

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this book brings the feldenkrais method and the concept of somatic education to a wide audience as well as providing an introduction to the feldenkrais method and its applications a team of highly qualified contributors representing a variety of therapeutic professions explore how the feldenkrais method interacts with and supports other professions and modalities including pilates yoga dance physical therapy sports coaching rehabilitation medicine and more see the table of contents for full details moshe feldenkrais 1904 1984 the founder of the

feldenkrais method built his method around the concept of improving human functioning by increasing self awareness through movement the concept of neuroplasticity the brain s amazing capacity to change and adapt was one of feldenkrais basic tenets of how the brain organizes movement and is now in our daily lexicon pain illness and injuries all affect how our nervous system and brain react to events in us and around us feldenkrais thesis is that our nervous system always does the best it can with the information it has and learning through the nervous system is the theme that runs through this book coverage includes comparisons about similarities as well as differences between the different modalities theory and practice of how the feldenkrais method can be applied in a variety of specific settings coverage of the research base that supports evidence informed practices for clients online video of theory and practice accessed by qr codes throughout the book

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

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

in this fascinating and practical book garet newell and simon paul ogden show how the feldenkrais method can be used by coaches and managers as a resource to improve both the performance of individuals and the health and wellbeing of the people they work with the

feldenkrais method is based on sound mechanical and neurological principles that are easily accessible through simple practical lessons through its emphasis on experiential learning the feldenkrais method for executive coaches managers and business leaders offers a means to improve many aspects of everyday working life from sitting and walking more comfortably improving interpersonal relations developing personal impact and presence to performing a highly developed skill more efficiently by exploring patterns of everyday movement the method encourages the discovery of new possibilities and choices providing a remarkable approach for expanding potential although widely recognised within the performing arts and sports as a method for improving skills performance and recovery from injury the feldenkrais method is not as widely known outside these arenas yet the principles and practice behind it are equally applicable to the workplace using case studies the book highlights common issues that coaches and managers are frequently asked to deal with each case and the impact it has in the workplace is explored from the perspective of the feldenkrais method included at the end of each chapter there is a practical awareness through movement lesson that addresses some of the themes raised the feldenkrais method for executive coaches managers and business leaders provides an invaluable resource for professionals interested in both learning and development and health and wellbeing in the workplace it will also appeal to counsellors and therapists interested in somatic approaches

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ruthy alon s description of feldenkrais work in mindful spontaneity is a favored text of a generation of feldenkrais enthusiasts alon weaves experiential and theoretical information in a poetic yet pragmatic language these simple and unexpected suggestions will help everyone who

suffers from restricted movement or pain to find a new sense of freedom

a thorough study of the feldenkrais method a leading form of exercise therapy designed to improve your mental and physical well being through mindful movement 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

this very timely and indispensable book provides common sense lessons to connect the mind and body through movement whether you're an athlete performing artist professional or health care worker the busy person's guide to easier movement from frank wildman ph d will help you work and live with greater ease originally published in germany this title is the first book based on the work of dr moshe feldenkrais

based on ample research in moshe feldenkrais's lessons and writings and following the method's design as a self healing and self change practice that facilitates a richer and more aware experience of ourselves the book shows how the method revivifies patterns of movement their sensorial layers and the bodily self image it is unique in offering a theory of the power of self healing and self change that is inherent in the feldenkrais method and at the same time a practice of the theory based on exemplary lessons which stages and activates the principles of the processes of transformation this book is for students practitioners and researchers of the feldenkrais method and other self healing practices such as internal martial arts qigong taichi aikido as well as practices involved in and attentive to transformation including performing arts somatics and neuroscience

singing with your whole self teaches performers to use the feldenkrais method to ameliorate problems of tension muscle strain and illness in

order to obtain optimal vocal performance it contains an important and unique feature modularized feldenkrais awareness through movement lessons these are specifically designed for liberating function in all musicians and in singers in particular modularized lessons allow the user to choose between functionally useful short segments or entire lessons the first part of the book presents the theory explaining why this approach works in an easily understood and concrete fashion the remaining chapters explore our anatomy by area and explain usage problems and how these relate to singing lessons throughout revolve around improving performance includes an index both by lesson and by problem referring performers to the lessons most effective for a specific problem

relieve pain recover from stress and enhance pleasure with the feldenkrais method 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

by increasing self awareness through movement the feldenkrais method is a somatic educational approach that seeks to improve movement and physical function individuals can improve their physical and mental health by developing a greater awareness of their movements and by learning new ways to move according to the premise underlying this technique the technique consists of a sequence of slow delicate movements that are intentionally executed to heighten awareness of ingrained movement patterns and investigate novel potentialities for effortless and effective motion two primary elements comprise the feldenkrais method awareness through movement atm this course consists of group instruction in which an instructor leads students through a series of movements while encouraging them to consider alternative methods of carrying out familiar actions increasing awareness of the body s movements sensations and the interrelationships among its various elements is the primary objective functional integration fi this is a one on one approach in which a feldenkrais practitioner guides an individual through personalized movements through the use of verbal prompts and gentle touch in addition to addressing specific movement

patterns or limitations the objective is to assist the individual in discovering more comfortable and efficient methods of movement the feldenkrais method is implemented to enhance balance flexibility coordination and posture among other qualities individuals who are recovering from injuries seeking alleviation from chronic pain or aiming to improve their overall well being frequently utilize it the feldenkrais method is characterized by its focus on mindful movement and heightened self awareness which sets it apart from conventional exercise or physical therapy methodologies

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

discover the transformative insights of movement pioneer moshe feldenkrais whose exercise therapy technique revolutionized how we think about the mind body connection this new edition features a fold out insert illustrating the feldenkrais method for somatic practitioners bodyworkers dance teachers and others as a scientist martial artist and founder of the feldenkrais method moshe feldenkrais wrote several influential books on the relationship between movement learning and health the elusive obvious is a thorough and accessible explanation of the method which has two main strands awareness through movement and functional integration both are renowned worldwide for their ability to reduce pain and anxiety cultivate vitality and improve performance this new edition of the elusive obvious includes a beautiful presentation featuring a fold out insert with illustrations that depict these two approaches by uncovering solutions that are often hidden in plain sight this book can help you learn to move with greater ease grace and efficiency through the feldenkrais method

a compendium of essays on alternative therapy is aimed at both conventional and alternate therapy practitioners besides serving as an educational tool for students and lay persons on the progress made in the field while this resource is not all inclusive it does reflect the current theories from different international experts in the field this will hopefully stimulate more research initiatives funding and critical insight in the already increasing demand for alternate therapies that has been evidenced worldwide

chava shelhav discusses the use of the feldenkrais method in treating children with cerebral palsy she details two case studies describing her

process and the theoretical underpinnings of the feldenkrais method in contrast to other methods of treatment

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 and 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

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

drawing on solid scientific evidence as well as extensive first hand experience this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice it explains how alternative therapies

can help you fight diseases that do not respond readily to traditional treatments presents integrative treatments for a full range of diseases and conditions including autism stroke chronic fatigue syndrome and various forms of cancer explores how to advise patients on health maintenance and wellness and offers advice on topics such as meditation diet and exercises for back pain 24 new chapters a new organization make this landmark reference more useful than ever provides dosages and precautions to help you avoid potential complications delivers therapy based pearls to enhance your patient care facilitates patient education with helpful handouts offers helpful icons that highlight the level and quality of evidence for each specific modality includes bonus pda software that lets you load all of the therapeutic review sections onto your handheld device presents a new organization with numerous section headings and subheadings for greater ease of reference provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice

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