

# The Elusive Obvious Or Basic Feldenkrais Moshe

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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

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 in 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

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's 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

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

written for the adult beginner ballet basics is a well illustrated introduction to the fundamentals of ballet technique the text also provides an overview of the history of ballet

describes some 15 different massage therapies from around the world

this indispensable volume contains the best natural health ideas culled from 20 years of natural health magazine the foremost publication of its kind each of the 52 steps to enduring good health summarizes the best technique for achieving a specific effect from back health to longevity to sharpening vision

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

accompanying cd roms contain a resource library of additional figures and animations to supplement the text and a working demonstration version of vhi pc kits which allows students to choose from thousands of exercises to create customize and print easy to read professional looking exercise routines for clients page 4 of cover

bibliographic essays on theatre dance and movement throughout asia africa the middle east oceania and the americas theoretical papers on analysis notation psychology and non verbal communication paper by s a wild separately annotated

part of the medical guides to complementary and alternative medicine series this comprehensive review presents complementary and alternative therapies as they relate to rehabilitation with an emphasis on evidence based medicine this practical resource offers clinical examples historical and theoretical information and current research for four groups of therapies mind body therapies body oriented therapies energy based therapies and emergent approaches it also covers some of the most widely encountered clinical conditions in rehabilitation focusing on clinical practice and solid research

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

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