

CBI course preparation

Many of the Functional Movement Patterns (FMP's) taught in this course are adapted from the Feldenkrais methods Awareness Through movement Lessons (ATM's). The following information will assist you in better understanding these movement patterns. This write up on Moshe was copied from the Feldenkrais guild website: <https://feldenkrais.com/about-us/>

Moshe Feldenkrais 1904-1984



The Feldenkrais Method® of somatic education was developed by Dr. Moshe Feldenkrais. Born in Russia, Feldenkrais immigrated to Israel at the age of thirteen. After receiving degrees in mechanical and electrical engineering, he earned his D.Sc. in Physics at the Sorbonne in Paris. He subsequently worked for a number of years in the French nuclear research program with Joliet Curie.

Physically active, Feldenkrais played soccer and practiced the martial arts. He studied with Jigoro Kano, the originator of Judo, and in 1936 became one of the first Europeans to earn a black belt in that discipline.

A chronic knee injury prompted him to apply his knowledge of physics, body mechanics, neurology, learning theory and psychology to a new understanding of human function and maturation. His investigations resulted in the formulation of a unique synthesis of science and aesthetics, known as the Feldenkrais Method. Dr. Feldenkrais wrote five books about the method as well as four books on Judo.

He conducted three professional trainings during his life, one in Tel Aviv, Israel (1969-1971), one in San Francisco, CA, USA (1975-1978) and one in Amherst, MA, USA (1980-1983), training approximately 300

Feldenkrais® practitioners in total. Today, there is a thriving community of over 10,000 Feldenkrais practitioners worldwide.

The below introductory write ups of the method are designed to assist you in understand the purpose of these movements.

Awareness Through Movement

The below ATM descriptions have been copied from a couple of websites to assist you in understanding the process.

*The write up below was copied from the following web site:
<https://www.movementmentor.me/awareness-through-movement-lessons>*

Feldenkrais Method® group classes are known as Awareness Through Movement® (ATM®) lessons. Each lesson is a guided exploration of odd, unconventional movements structured to bring awareness to ineffective habits and stimulate the nervous system to discover new ways of using the body.

ATM is low-impact to the extreme: the less you do the more effectively you learn. In this form, the teacher talks during the rests, and there are many rests so that your nervous system can absorb new information.

There are over 1000 ATM lessons, each a formal composition: like a piece of music choreographed dance. Lessons call upon the student's natural ability to learn, progressing through innate, human developmental phases; they help students 'fill in the blanks' of movement lost due to injury, social norms or missed learning opportunities. All lessons focus on bringing a total body awareness and connection to consciousness and improvement of a different aspect of human movement and functioning.

Lesson series often develop around a theme - opening the chest, grounding the feet, skiing, sitting at the potting wheel, preparing to practice an instrument - through a progression of interrelated lessons that approach core movements from different orientations, points of focus, and practical, real-life situations.

During lessons, students may lie on the floor with a padded mat, sit on a chair or stool, and sometimes stand. No experience is necessary, though curiosity and a willingness to explore within are imperative. Dress comfortably.

The write up below was copied from <https://www.lessonswithease.com/awareness-through-movement/>

Awareness Through Movement® is one form of the Feldenkrais Method. It consists of verbally directed movement sequences presented primarily to groups. A lesson generally lasts from thirty to sixty minutes. Each lesson is usually organized around a particular function.

In Awareness Through Movement lessons, people engage in precisely structured movement explorations that involve thinking, sensing, moving, and imagining. Many are based on developmental movements and ordinary functional activities. Some are based on more abstract explorations of joint, muscle, and postural relationships. The lessons consist of comfortable, easy movements that gradually evolve into movements of greater range and complexity.



Photography by Rosalie O'Connor

www.rosalieoconnor.com

Awareness Through Movement lessons attempt to make one aware of his/her habitual neuromuscular patterns and rigidities and to expand options for new ways of moving while increasing sensitivity and improving efficiency. There are hundreds of Awareness Through Movement lessons contained in the Feldenkrais Method that vary, for all levels of movement ability, from simple in structure and physical demand, to more difficult lessons.

A major goal of Awareness Through Movement is to learn how one's most basic functions are organized and improve. By experiencing the details of how one performs any action, the student has the opportunity to learn how to:

- attend to his/her whole self
- eliminate unnecessary energy expenditure
- mobilize his/her intentions into actions
- learn and improve

About the Feldenkrais Method

The below definition of the method was copied from <https://feldenkrais.com/about-the-feldenkrais-method/>



The Feldenkrais Method® of somatic education uses gentle movement and directed attention to help people learn new and more effective ways of living the life they want. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. Since how you move is how you move through life, these improvements will often enhance your thinking, emotional regulation, and problem-solving capabilities.

The Feldenkrais Method is based on principles of physics, biomechanics, and an empirical understanding of learning and human development. Moshe Feldenkrais said, “We move according to our perceived self-image.” By expanding your perception and increasing awareness, you will become more aware of your habits and tensions and develop new ways of moving. By increasing sensitivity, the Feldenkrais Method assists you to live your life more fully, efficiently, and comfortably.

The below PDF is an article outlining the research into the Feldenkrais approach.



Effectiveness of the
Feldenkrais method.pdf