



The Feldenkrais Method® A process for self-education

Offering non-habitual patterns to challenge your nervous system to update your habits

To correct is incorrect: When working with self and others, force is not directed to create a specific outcome, rather **one elicits the person's ability to self organize.**

Learning by doing: Experiential learning is the process of making meaning from direct experience. Knowledge may be continuously gained through personal, exploratory interaction with the environment

Learning means new means for action - the ability to generalize what is learned under one set of conditions to another context

We act in accordance with our self-image: This self-image—which in turn governs our every act—is conditioned in varying degree by three factors: heritage, education and self-education (Moshe Feldenkrais, DSc, (1967), Awareness Through Movement, p.72)

Good Action is determined by the capacity of people to move themselves in an efficient differentiated and coordinated manner

Breath is free in activity: Held or restricted breath is a manifestation of strain and effort while ideal movement is coordinated with uninterrupted and easy breathing

The skeleton affords the ideal paths for action

Force must travel through joints rather than across or around them in order to avoid shearing forces. Soft tissue is available for action but is ineffective for support

Evenly distributed muscular tone: no place works harder than any other place. A well organized person experiences lightness and ease in movement

Proportional distribution of muscular effort: The big muscles do the big work and the small muscles do small work

The carriage of the head serves to tonify the body

Orientation is a biological necessity and is essential to all action: Spatial relationships and coordination are determined by orientation.

What is good posture? The state from where a person is able to move in any direction, at any time, without hesitation or preparation. It is the absence of

unnecessary muscular contraction. As a starting point for our movements and actions, posture, or more accurately “acture” dictates our movement potential

Mature behavior is the ability to act spontaneously. A mature human responds to the environment and situations without compulsion. The response is effortless, making effective use of self, and allows the possibility of failure.

Performance is improved by separation of the aim (end, goal) from the means

Weber Fechner Law - When effort is decreased, one can discriminate finer sensory changes, leading to greater potential for learning

Variation is the key for learning and adapting to novel conditions. Meeting the demands of a changing environment is a characteristic of a well-learned skill.

The nonlinear nature of change: Differences in action or environment may trigger nonlinear changes. By varying the environment of familiar task demands, it is possible to destabilize postural habits and help new ones to emerge.

Reversibility - the sequential character of a movement that enables one to stop or change direction at any movement without holding, falling or experiencing a moment of disturbance

Balance/counter balance: Improved balance is achieved when the center of the body mass is clearly organized above the base of support

Support - describes the equal and opposite forces generated from the surfaces with which one is in contact - the specificity of the support determines the quality of the outcome

Co-regulation: the joining of two nervous systems

There is **no limit to learning and refinement.**

The Principle of No Principles: "... it is bad in Judo to try for anything with such determination as not to be able to change your mind if necessary..." (M. Feldenkrais, Higher Judo, pg. 94)

At times, principles guide one how to act. However, to perceive differently, one must act differently and to act differently one must learn how to do so. Therefore, principles may be used fluidly. Moshe's 'principle of no principles' so often misunderstood as an admonition to eschew principles is rather about choosing one principle amongst many to invoke when needed.