

THE ELUSIVE OBVIOUS

**by Moshe
Feldenkrais**

The Elusive Obvious Or Basic Feldenkrais Moshe

Staffan Elgelid, Chrish Kresge



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The Elusive Obvious Moshe Feldenkrais, 2019-04-23 Discover the transformative insights of movement pioneer Moshe Feldenkrais Essential reading for somatic practitioners movement teachers performing artists and anyone interested in self improvement and healing 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 that is more relevant today than when it was first published as current research strongly supports many of its insights The Feldenkrais Method 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 **The Elusive Obvious**

Moshé Feldenkrais, 1981 The Brain's Way of Healing Norman Doidge, M.D., 2015-01-27 NEW YORK TIMES BESTSELLER The New York Times bestselling author of The Brain That Changes Itself presents astounding advances in the treatment of brain injury and illness Now in an updated and expanded paperback edition Winner of the 2015 Gold Nautilus Book Award in Science recovered from debilitating strokes brain injuries and learning disorders overcame attention deficit and learning disorders and found relief from symptoms of autism multiple sclerosis Parkinson's disease and cerebral palsy And we learn how to vastly reduce the risk of dementia with simple approaches anyone can use For centuries it was believed that the brain's complexity prevented recovery from damage or disease The Brain's Way of Healing shows that this very sophistication is the source of a unique kind of healing As he did so lucidly in The Brain That Changes Itself Doidge uses stories to present cutting edge science with practical real world applications and principles that everyone can apply to improve their brain's performance and health **Rethinking the Actor's Body** Dick McCaw, 2020-04-02 How does an actor embody a character How do they use their body as an instrument of expression Rethinking the Actor's Body offers an accessible introduction to the fields of neurophysiology and embodied knowledge through a detailed examination of what an actor does with their body Built on almost a decade of conversations and public seminars by the author Dick McCaw in partnership with John Rothwell Professor of Neurophysiology at University College London UK Rethinking the Actor's Body explores a set of questions and preoccupations concerning the actor's body and examines overlaps in research and practice in the fields of actor training embodied knowledge and neurophysiology **Bodywork** Thomas Claire, 2006-06-15 This is the essential guide answering all of the key questions about every different kind of major bodywork therapy including Alexander Technique Feldenkrais Method Reflexology Shiatsu Swedish Massage Aromatherapy and more **Body Awareness as Healing Therapy** Moshe Feldenkrais, 1993-12-20 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

Complementary and Alternative Medicine in Rehabilitation Eric D. Leskowitz, 2003 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

Recording for the Blind & Dyslexic, ... Catalog of Books, 1996

An Audition Handbook for Student Actors Roger Ellis, 1986

Women Moving Ahead in Changing Times International Association of Physical Education and Sport for Girls and Women. Congress, 1993

Developing a 21st Century Mind Marsha Sinetar, 1991 With shifting marketplaces economic upheavals and a diversified population people must change to survive in the business world of the 21st century Corporate psychologist Martha Sinetar author of the bestseller *Do What You Love The Money Will Follow* shows how to access creative thinking to survive the coming power shifts HC Villard From the Paperback edition

Deepening Musical Performance Through Movement Alexandra Pierce, 2007 Alexandra Pierce helps musicians gain a richer understanding of music through the use of the body and gesture She asserts that expression of character and affect in music corresponds to expression of character and affect in physical gesture She seeks to answer the question What is vitality in music and to find answers that contribute to hearing and performing this core quality of music and that can be integrated into the daily practice of a musician Pierce s approach is to isolate and explore through movement such elements of music as melody beat and structural levels Short narratives that illustrate how performance practice problems can be approached and solved are scattered throughout the book

The Complete Guide to Your Emotions and Your Health Emrika Padus, 1958-08-15

The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi Roger Jahnke, 2002-03-22 An internationally respected doctor of Chinese medicine and author of the bestselling *The Healer Within* clearly and simply explains the concepts of qigong 125 illustrations

The Potent Self Moshe Feldenkrais, 2002-11-08 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 an 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 **Собрание сочинений** Довид Кнут,1997

Publishers Directory ,1990 **Get Stronger by Stretching with Thera-Band** Noa Spector-Flock,2002 This introduction to a unique exercise program shows how to strengthen the body by contracting specific muscles while lengthening them using the elastic Thera Band favoured by physical therapists A workout for the upper centre and lower body as well as warm up exercises and a set of exercises especially for dancers begins at an easy pace and gradually builds to more difficult levels Principles of muscle movement and correct body alignment are discussed instructions for assessing body alignment are provided and proper breathing and mental focus while exercising are stressed Three sample exercise programs and complete instructions for choosing using and caring for the Thera Band round out this guide to increased strength and flexibility *The Saxophone Symposium* ,1988 *The Feldenkrais Method* Staffan Elgelid,Chrish Kresge,2021-05-04 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

Whispering the Strategies of Language: An Emotional Quest through **The Elusive Obvious Or Basic Feldenkrais Moshe**

In a digitally-driven earth wherever screens reign great and immediate conversation drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words frequently move unheard. Yet, located within the pages of **The Elusive Obvious Or Basic Feldenkrais Moshe** a fascinating literary prize pulsing with fresh feelings, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, that enchanting opus encourages visitors on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the psychological depths of this emotional evaluation, we will embark upon a genuine exploration of the book is key styles, dissect their captivating writing style, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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