

# The Elusive Obvious Or Basic Feldenkrais Moshe

The Elusive Obvious Somatic Voices in Performance Research and Beyond The Brain's Way of Healing Body Awareness as Healing Therapy Bodywork The Oxford Handbook of Music Performance The Feldenkrais Method Complementary and Alternative Medicine in Rehabilitation The Elusive Obvious Relaxercise The Feldenkrais Method Film and Video Finder, 1997 Main Currents in Modern Thought Listening to the Body Recording for the Blind & Dyslexic, ... Catalog of Books Mind-Body Fitness For Dummies Clinical Decisions in Therapeutic Exercise The Complete Audition Book for Young Actors Interdisciplinary Rehabilitation in Trauma Embodied Wisdom Moshé Feldenkrais Christina Kapadocha Norman Doidge, M.D. Moshe Feldenkrais Thomas Claire Gary McPherson Staffan Elgelid Eric D. Leskowitz Moshe Feldenkrais David Zemach-Bersi Yochanan Rywerant Robert E. L. Masters Therese Iknoian John Nyland Roger Ellis John J. Gerhardt Moshe Feldenkrais

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somatic voices in performance research and beyond brings together a community of international practitioner researchers who explore voice through soma or soma through voice somatic methodologies offer research processes within a new area of vocal somatic and performance praxis voice work and theoretical ideas emerge from dance acting and performance training while they also move beyond commonly recognized somatics and

performance processes from philosophies and pedagogies to ethnic racial and queer studies this collection advances embodied aspects of voices the multidisciplinary potentialities of somatic studies vocal diversity and inclusion somatic modes of sounding listening and writing voice methodologies that can be found in this collection draw on eastern traditions body psychotherapy somatic psychology alexander technique feldenkrais method authentic movement body mind centering continuum movement integrative bodywork and movement therapy fitzmaurice voicework linklater technique roy hart method post stanislavski and post grotowski actor training traditions somaesthetics the volume also includes contributions by the founders of shin somatics body and earth voice movement integration somart somatic acting process this book is a polyphonic and multimodal compilation of experiential invitations to each reader's own somatic voice it culminates with the voices of contributing participants to a praxical symposium at east 15 acting school in london july 19 20 2019 it fills a significant gap for scholars in the fields of voice studies theatre studies somatic studies artistic research and pedagogy it is also a vital read for graduate students doctoral and postdoctoral researchers

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 cosmology in his groundbreaking work the brain that changes itself norman doidge introduced readers to neuroplasticity the brain's ability to change its own structure and function in response to activity and mental experience now his revolutionary new book shows how the amazing process of neuroplastic healing really works the brain's way of healing describes natural noninvasive avenues into the brain provided by the energy around us in light sound vibration and movement that can awaken the brain's own healing capacities without producing unpleasant side effects doidge explores cases where patients alleviated chronic pain 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

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

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

the two volume oxford handbook of music performance provides the most comprehensive and authoritative resource for musicians educators and scholars currently available it is aimed primarily for practicing musicians particularly those who are preparing for a professional career as performers and are interested in practical implications of psychological and scientific research for their own music performance development educators with a specific interest or expertise in music psychology who will wish to apply the concepts and techniques surveyed in their own teaching undergraduate and postgraduate students who understand the potential of music psychology for informing music education and researchers in the area of music performance who consider it important for the results of their research to be practically useful for musicians and music educators

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

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

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

shortlisted for the william saroyan international prize for writing a physical and philosophical mediation on why we are drawn to fight each other for sport what happens to our bodies and brains when we do and what it all means anyone with guts or madness in him can get hit by someone who knows how it takes a different kind of madness a more persistent kind to stick around long enough to be one of the people who does the knowing josh rosenblatt was thirty three years old when he first realized he wanted to fight a lifelong pacifist with a philosopher s

hatred of violence and a dandy's aversion to exercise he drank to excess smoked passionately ate indifferently and mocked physical activity that didn't involve nudity but deep down inside there was always some part of him that was attracted to the idea of fighting so after studying muay thai krav maga brazilian jiu jitsu and boxing he decided at age forty that it was finally time to fight his first and only mixed martial arts match all in the name of experience and transcending ancient fears an insightful and moving rumination on the nature of fighting why we fight takes us on his journey from the bleachers to the ring using his own training as an opportunity to understand how the sport illuminates basic human impulses rosenblatt weaves together cultural history criticism biology and anthropology to understand what happens to the human body and mind when under attack and to explore why he a self-described cowardly boy from the suburbs discovered so much meaning in putting his body and others at risk from the psychology of fear to the physiology of pain from ukrainian shtetls to brooklyn boxing gyms from lord byron to george plimpton why we fight is a fierce inquiry into the abiding appeal of our most conflicted and controversial fixation interwoven with a firsthand account of what happens when a mild-mannered intellectual decides to step into the ring for his first real showdown

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

mind body fitness for dummies is the complete guide to the world of holistic fitness from yoga and tai chi to pilates and qigong get started the smart way with expert advice on the essentials such as breathing posture and choosing a program that best fits you and your fitness goals filled with instructional photos and illustrations this book also features expert advice on warming up and cooling down as well as taking your workout program beyond the basics with coverage of bodywork techniques including nia and the alexander technique mind body fitness for dummies will also help answer common questions about equipment and space needs as well as other issues to consider before committing to a new fitness plan

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

a step by step guide for training young actors to audition well by developing acting skills no other book puts auditioning in the context of acting training an all encompassing audition text

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

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