



Can your body change positively in a split second?

Moshe Feldenkrais uncovered the incredible ways our brains change our whole selves quickly and easily through slow, mindful movement . . . he was a practitioner of judo and helped to influence and spread judo throughout Europe. After helping to discover and develop radium in the Curie labs in Paris and after helping to develop SONAR for World War 2, Dr. Feldenkrais worked with trying to heal his knee. He had injured it badly twice, playing soccer both times. Doctors told him he'd need surgery to re-attach three ligaments that had been broken and come unattached. When Dr. Feldenkrais asked what the success rate of the surgery was (in the early 1940's), the doctors proudly said, "Fifty-fifty!"



Dr. Feldenkrais didn't like those odds, so he set off to figure out another way to stand and walk — something the doctors said would be impossible without surgery.



Dr. Feldenkrais discovered that he could indeed walk when he gave himself (his brain) many options from which to choose using this key: moving slowly with awareness helped his brain to sense differences. And soon he stood, he walked, he squatted, he did judo rolls, he did just about anything he wanted . . . all without the surgery to re-attach those broken ligaments!

And in the process, he discovered that our nervous system, our brain rules all, and our brain is highly and easily changeable! This is called **neuroplasticity**, and Dr. Feldenkrais' work eventually comes to be called Feldenkrais Method, with two special branches: Awareness Through Movement & Functional Integration.



Dr. Feldenkrais' student Ruthy Alon took his work one step further using the wisdom of African Water Carriers to develop Movement Intelligence / Bones for Life as a means towards bringing innocence to our joints so that we can build bone health through walking. Both Feldenkrais Method & Movement Intelligence involve moving gently and slowly and in pain-free ways to invite our brain to be curious about what is possible, and our brain then has new options to explore in keeping us in healthy and vibrant relationship with gravity!

To learn more about neuroplasticity...

Ruthy Alon. *Movement Intelligence: Bones for Life: The Movement Answer for Bones Strength and Weight Bearing Posture*. Three Manuals used in certifying Bones for Life Teachers. 2014.

Norman Doidge, MD. *The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity*. New York: Viking, 2015.

Moshe Feldenkrais. *Embodied Wisdom: The Collected Papers of Moshe Feldenkrais*. San Diego: Somatic Resources, 2010.

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