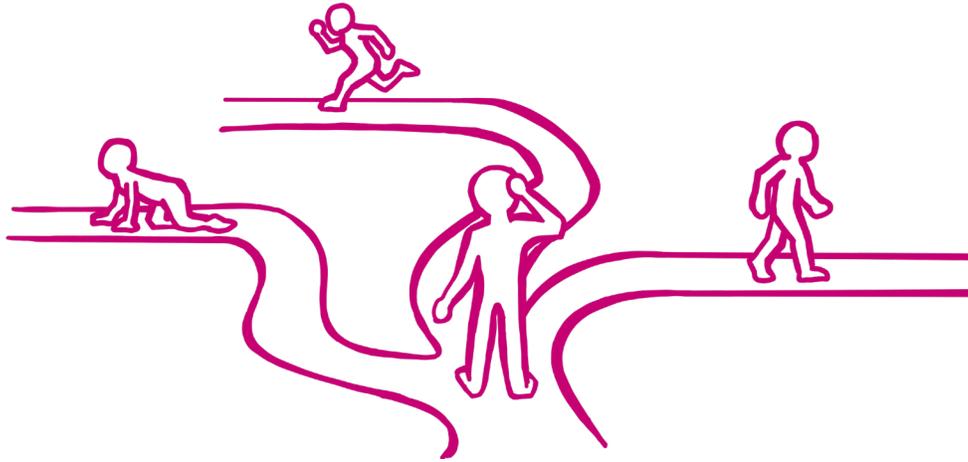


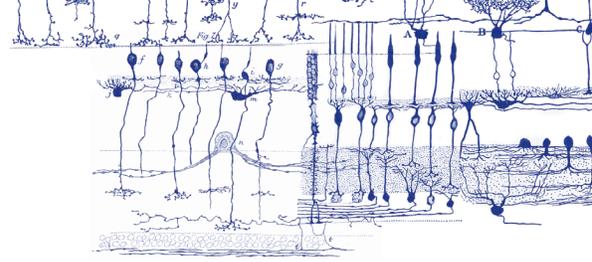
## CREATING NEW GROOVES

HANDOUT 5



### KEY THEMES

- Creating new pathways in our sensory-motor nervous system
- Developing greater self-awareness through new movement patterns
- Recognizing how survival stresses might, or might not, arise with new movement explorations
- Maintaining curiosity with ourselves
- Why movement, learning how to attend to it, and shifting it via our intention is an essential part of the Scientuitive ethos

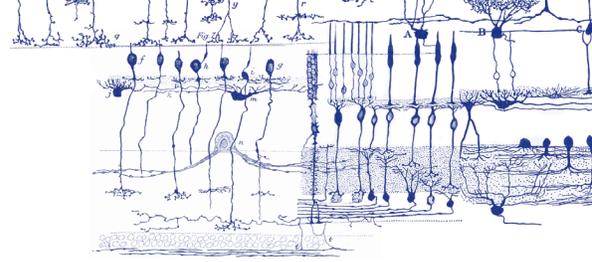


## References:

1. Irene read the preface from Moshé Feldenkrais' book, [The Case of Nora - Body Awareness as Healing Therapy](#).
2. We watched a [video talk](#) from Feldenkrais practitioner Sheryl Field speaking about Moshé Feldenkrais' classic talk, **“To Correct Is Incorrect.”**
- 3 Short article written by Moshé Feldenkrais titled, [Awareness Through Movement](#). This was originally found via [feldenkraismethod.com](#). (Please read at your leisure.)

## Feldenkraisian Movement Lesson Experiences

*In the box above, jot down how you were able to stay with your internal experience and external orientation during the formal movement lesson. Were your eyes open, closed, a bit of both? How was your thinking? Emotions? Anything else that stood out?*



## Field Work Assignment

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### PART A

#### Choose a daily habitual movement pattern that you do.

Something very simple like putting on your pants or underwear, going up or down stairs in your home, taking food out of the refrigerator, walking to the kitchen table with a cup of liquid in your hand, sitting down at the computer, etc.

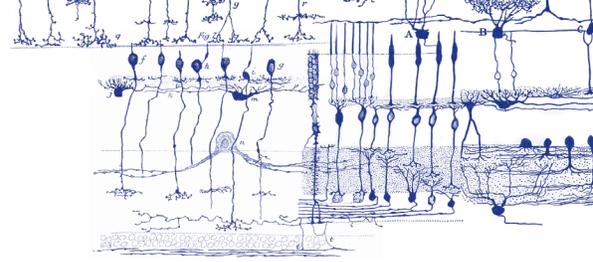
Have it be something that you know you do daily, and if possible, a few times a day.

It doesn't have to be something that is more complex like brushing your teeth, or the hand you write with. And certainly not something that would risk your safety, like braking with the other foot while driving!

- Name the habitual movement patterns - and stick with it for the rest of our live time together.
- How do you do what you do? (What leg or hand always leads; what foot, knee, or hip takes the weight, etc.)
- For the rest of our live time together, discover how you might do this differently while intentionally changing the pattern

Then, investigate:

- Your capacity to remember this assignment - how might you remind yourself?
- How do you engage with making the intention to change? Is it a verbal or cognitive reminder to yourself? Do you notice your body going into its habitual pattern and you shift somatically? A bit of both?
- If you forget to engage in the different movement pattern and catch yourself doing the habitual pattern again - how do you engage with yourself?
- Does the new pattern start to become habitual? (If it doesn't, what might this mean from a nervous system wiring perspective?)
- Can you begin to do other daily habitual movement patterns differently? Can it become more fluid to just notice a pattern and, on the fly, and with flow, shift it?



## PART B

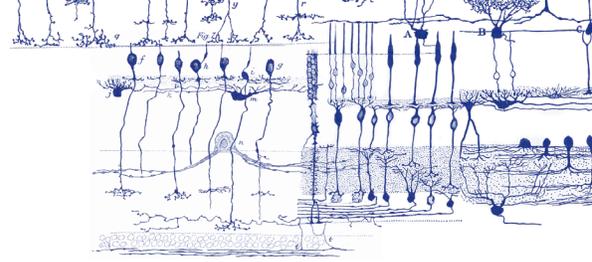
### Create Your Movement Practice

Between now and the end of our live time together, schedule in three to four 5- minute ‘movement’ sessions each week, wherein you ‘freestyle’ Feldenkraisian movement and its principles and just play! If it helps, put on some music.

Bring awareness to all the key foundational practices while moving and exploring (orienting, being with breath, resources).

### Reflection

1. How might the simple intention of shifting a habitual movement pattern, and of course being aware of it, teach you about yourself?



2. Document any key findings about the 'Create Your Movement Practice' assignment?

- Was it easy, hard, boring? What was your experience like as you engaged with creating your movement practice?
- How were you able to stay connected to your nervous system basics (orienting, being with breath, resources)?
- How did your body, mind, and nervous system feel after the practice?

3. How might this week's teachings and your own explorations be applied and/or extrapolated to personal life or your professional scope of practice?