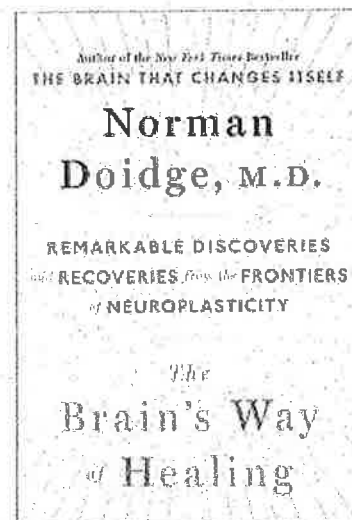




In his new book *The Brain's Way of Healing*, Dr. Norman Doidge describes Dr. Moshe Feldenkrais as a scientist who was decades ahead of his time and one of the world's most important, early "neuroplasticians". Dr. Feldenkrais made a series of discoveries about how the human brain processes and learns new information and about the conditions that support successful sensory-motor learning. In Chapter Five of *The Brain's Way of Healing*, Dr. Doidge presents eleven of Moshe Feldenkrais' discoveries, which later became core principals of the Feldenkrais Method®. In his book, Dr. Doidge goes into detail on each on these ideas, which you may recognize as being the basic principals in Awareness Through Movement® exercises.



### Eleven Principals of the *Feldenkrais Method*

From *The Brains' Way of Healing* by Norman Doidge M.D., 2015 (Viking Press)

1. The mind programs the functioning of the brain.
2. A brain cannot think without motor function.
3. Awareness of movement is the key to improving movement.
4. Differentiation—making the smallest possible sensory distinctions between movements—builds brain maps.
5. Differentiation is easiest to make when the stimulus is smallest.
6. Slowness of movement is the key to awareness, and awareness is the key to learning.
7. Reduce the effort whenever possible.
8. Errors are essential, and there is no right way to move, only better ways.
9. Random movements provide variation that leads to developmental breakthroughs.
10. Even the smallest movement in one part of the body involves the entire body.
11. Many movement problems, and the pain that goes with them, are caused by learned habit, not by abnormal structure.

Please pick up your copy of the *The Brain's Way of Healing* by Dr. Norman Doidge at The *Feldenkrais* Institute lobby, online or at your local bookstore.