

Movement Intelligence

**The personal compass for navigating
Optimal mobility
The Software of Natural Movement**

Solutions

**for Improving freedom of Movement at
Any age**

**Self-Care Neuro-Motor Strategies
for Unravelling Functional Disorders**

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At the highest professional level of Movement Intelligence curriculum there is the Solutions Program for training personal Mentors in self-care Neuro-Motor strategies for optimal mobility, free of functional limitations.

The Solution Professional program is open to teachers and trainers, graduates of the Movement Intelligence programs: BFL, WFL and Chairs, who wish to deepen their comprehension, and enrich the

level of their teaching Toolkit, with practical, self-care, Nero motor strategies for resolving specific movement issues that inhibit people from functioning in their full potential and ease.

Feldenkrais practitioners and other movement teachers, who are interested in the Solutions professional track and are not familiar with the Movement Intelligence Programs, are asked to complete a prerequisite of 20 hours of Bones for Life basic program, in order to acquire the primary concepts and approach of the Somatic learning originated in the Feldenkrais method, as applied in the program in the vertical reality and power management.

As the Solutions course is meant eventually for the public, the professional course is also open to people who are interested to learn how to improve their own quality of life with no professional intentions. Their presence in the course enriches the experience of the prospective mentors with realistic insights.

The basic Solutions training consists of 72 hours, plus 28 hour didactic Seminar and Mentoring, Total of 100 learning hours.

Graduates of the professional truck will receive from the Foundation for Movement Intelligence a Personal Mentor certificate, in Solutions for optimal mobility for teaching individuals as well as groups.

www.movementintelligence.com

Find a teacher / find a trainer

www.movementintelligence.org

Teachers, Trainings & Classes

www.bonesforlife.com

Find a teacher , find a trainer

About the Solutions Personal Mentor Training:

Participants are guided verbally through a wide range of Neuro-Motor movement processes that suggest solutions for the most common functional problem that people in the culture experience. The learning includes themes like: ways to decompress the lower back's vertebrae, restoring articulation at the upper back stiffness, aligning the hip joint, reviving springiness of the knees and ankles, awakening the feet and toes to their potential malty dimensional adjustability to variant surfaces, freeing the neck, recovering balance resourcefulness, enhancing

stability, organizing dynamic posture and activating the anti-gravity lever of the sphincters.

Each classified problem is approached in the program through the Feldenkrais' functional integrative perspective of the reciprocal coordination between the classified suffering part and its corresponding effects throughout the full network of the total body, as nature meant.

The Movement Intelligence teaching modality is done by guiding people verbally to carry out patterns of movements that are not used in one's personal repertoire of habits. Comparing different variations of options works to detach people from the limitation of automatic habits and restores autonomous judgement. The discovery of new insights is awakening the biological intelligence of the organism to re-vote for what better supports life. This way navigates a process of self trust of the body in its own original sensory judgement, which every creature has been born with, but might have become inactive, like in a counter-productive Auto Immune conduct.

Sharpening the autonomous sensory compass empowers people to eliminate their functional failures on their own and improve their quality of life. Guiding people to master the solutions independently is like teaching people how to fish, rather than giving them the fish. This way of sharing the knowledge enables people to continue on their own and develop the gratified transformation, which takes them away from deterioration and trouble toward the Biological Optimism that goes together with easily flowing natural movement.

For the Mentors, seeing the evidently improved results, as acknowledged by the student's own sensory statements, they witness how people can make the shift from a compromised no-choice-victim-attitude to an option of auto-reliant hope. Realizing their share in this Alchemy of transformation is gratifying the Mentors with a feeling of true satisfaction that gives special meaning to their lives.