

Overview, basic concepts and terms

footwork

A body-learning technique that aims to teach people how to use their natural abilities to recover, heal and improve their well-being.

map of efforts

How a person distributes effort and attention in his body and the imbalances that may result, as seen in the feet



mapping shows how and where to touch

forms of touch

Touching the feet = using 20 forms of touch to communicate with the foot and therefore the whole body, tailored to fit an individual client's needs



combined during a session to unify client's body and mind

verbal guidance

Instructions for breathing, relaxation and silence, and paying attention to and focusing on areas that are touched through the feet



you guide the client to use his attention and body awareness to recover well-being

body attention and letting the body work

- Teaching a client to shift awareness from mind to body
- A client letting his body work to rebalance itself as it needs
- Joining him with your own attention and energy to create a learning-teaching partnership

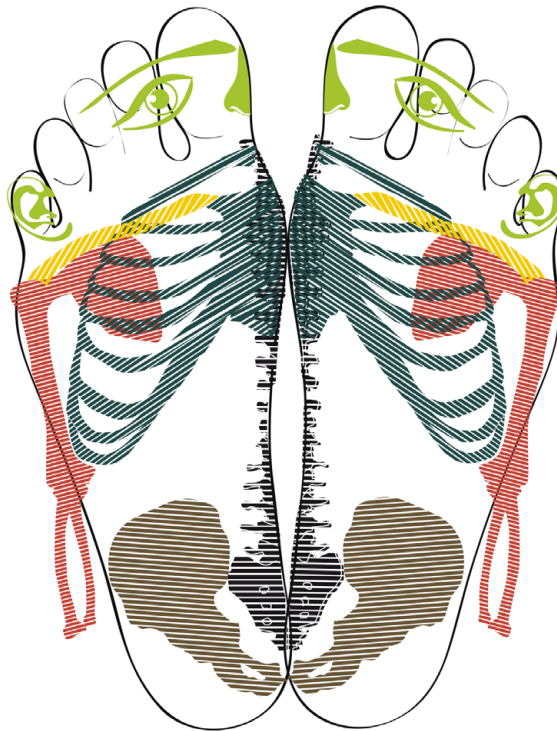


- Recuperation and recovery
- Breaking free of harmful patterns
- Enhanced well-being
- Long-lasting results

How the body relates to the feet

- The two feet together represent the whole body.
- Each area of the foot corresponds to larger areas in the body.
- We do not relate to organs and systems in terms of their functions, but in terms of their location and the patterns of effort that may occur there.

Correspondences



This image demonstrates how the areas in the body correspond to the feet.

- Toes → head and neck
- Ball of the foot → chest and upper back
- Arch → belly, mid-back and lower back
- Heel and ankle → lower back, pelvis and legs

Footwork: Overview of Tools and Concepts

