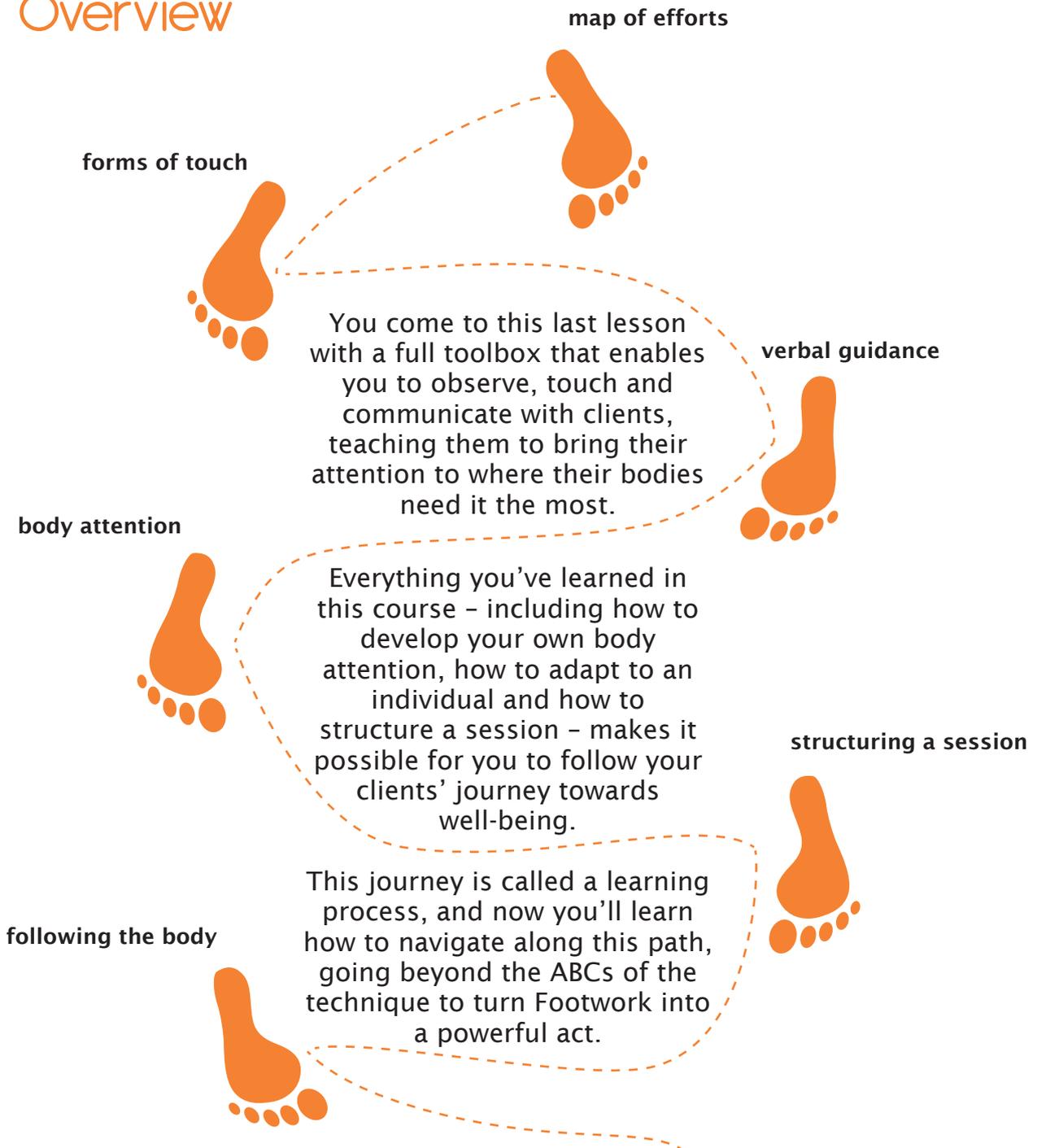
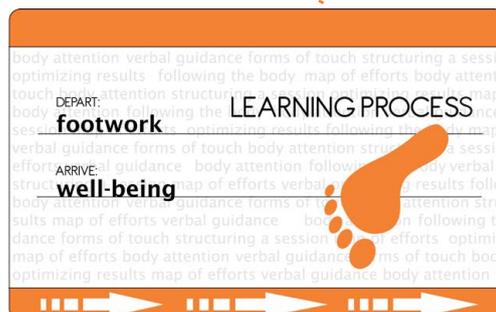


# Overview

DEPART: **footwork**

ARRIVE: **well-being**

LEARNING PROCESS

# L5

## Example

### Sara's learning process

Here are excerpts from Avi's notes on 13 sessions he gave to Sara (out of 18 sessions in total of this process). These highlights will show you how a practitioner follows his client's body and adapts his work accordingly in each session.

The graph at the end of this section charts the evolution of Sara's symptoms over the course of the process and shows how the body breaks free of a pattern and rebalances over time.

### Condition Description form

During her first session, Sara described five conditions that were bothering her:

- continuous low-back pain radiating into her left leg; especially intense for 20 minutes when lying in bed at night
- severe, monthly migraines with less intense headaches two to three times a week
- occasional pain in the left side of her chest
- pain in her left shoulder, neck and upper back
- occasional stomach aches

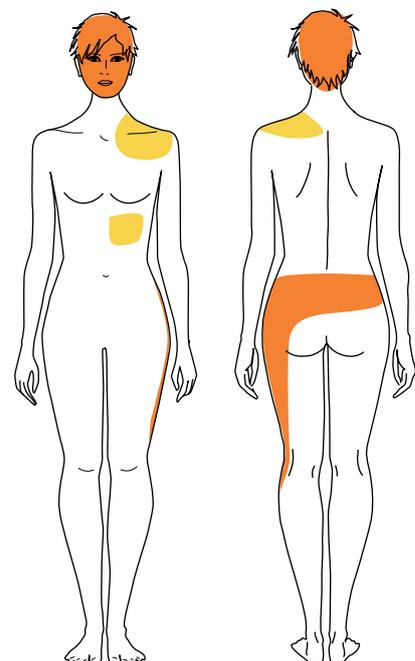


The conditions that Avi and Sara chose to focus on were:

1. Low-back pain
2. Headaches

These were clearly the most intense conditions and the client's attention was focused on them almost every day.

Since the map of efforts and the client's description showed more imbalance on the left side, the first session began with the plan to spend more time on the left foot than the right foot.





# L5

## Example

### Sara's learning process

#### SESSIONS 1-4

*In these first sessions, the work focused on the heel/ankle and toes. Sara increasingly learned to shift her attention to her body, to relax and to be silent. Her symptoms showed slow improvement, with only one migraine attack after the third session.*

#### Session 1

Since the pain increases when Sara lies down, I started the session by holding her legs from the ankles for a long time. The pain greatly reduced while I did this, so I could continue working without her suffering from pain.

When I tried to shake the ankle faster and stronger, she felt pain in her leg. So I reduced the speed and size of the movement until it felt okay for her.

Towards the end of the session she became quiet and relaxed. I wanted to support this silence and allow her to go deeper. So I chose to work only on the toes by moving them, gently and slowly, while giving very few instructions, mostly on silence. She felt her head becoming heavy and quiet.

#### Session 2

Since there was not much change in Sara's feet or experience during the week, I basically repeated the first session, but I chose different points of imbalance to work on in both bands.

#### Session 3

During the session, Sara felt pain in the low back and electrical shooting into both legs; her legs shook and vibrated. Because her body worked more intensively in the lower part, I focused my verbal guidance more on letting go in the low back and left leg. She enjoyed letting her body work and felt her legs and back relaxing.

#### Session 4

Sara fell asleep for a few minutes near the end of the session. This means she could relax, be silent and allow her body to deeply relax and sleep. This is the first session she left feeling well, with no pain in her head or lower back.