



Footwork – a footpath to wellbeing

*An online course for wellness and health professionals
with Avi Grinberg*

Outline

Lesson 1

Why feet?

Overview of basic concepts and terms

- The approach of teaching and learning
- Body attention
- Letting the body work
- Breaking free of patterns in the body
- Map of efforts
- Forms of touch
- Verbal guidance and instructions

Map of efforts

- Overview and applications
- Body-to-feet correlation and divisions
- Mapping the feet:
 - Signs of imbalance (excess and deficiency of effort)
 - General guidelines for effective individual mapping
- Visual mapping:
 - Definition and goal
 - Visual signs of imbalance
 - Guidelines for visual mapping
 - Training

Forms of touch

- Overview:
 - Definition and goal
 - Understanding touch



- General guidelines:
 - Effective touch
 - Assessing the client's feet to adapt touch
- 7 forms of touch:
 - Purpose and how to perform each form of touch
 - Training

Optimizing results

- Overview and aims
- Training: finger-strengthening exercise

Introducing the Footwork technique to your clients

Session

Video segment of a session given by Avi Grinberg, featuring:

- The forms of touch from this lesson
- The use of hands and fingers
- How the body works

Footwork: Overview of Tools and Concepts

