



# Footwork – a footpath to wellbeing

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

Outline

## Lesson 2

### Map of efforts

- Motile mapping:
  - Definition and goal
  - Motile signs of imbalance
  - Encountering pain when moving the feet
  - Guidelines for motile mapping
  - Training
- Tactile mapping:
  - Definition and goal
  - Tactile signs of imbalance
  - Encountering pain when touching the feet
  - Guidelines for tactile mapping
  - Training
- Merging the maps

### Verbal guidance and instructions

- Definition and goal
- Common mistakes
- Giving instructions for paying attention, breathing, silence and relaxation
- Training

### Forms of touch

- 8 forms of touch:
  - Purpose and how to perform each form of touch
  - Training

### Body attention

- Definition and goal

- Letting the body work:
  - Definition and purpose
  - Manifestations of the body working
- How the body learns

## Optimizing results

- Practitioner's body attention:
  - Guidelines
- Training: Relaxation

## Session

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

- Giving instructions
- Forms of touch from this lesson
- Using your body when giving a session
- The atmosphere in which the session is conducted
- How the client focuses his attention and allows his body to work

# Footwork: Overview of Tools and Concepts

