



Footwork – a footpath to wellbeing

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

Outline

Lesson 3

Map of efforts

- Description of the client's condition:
 - Definition and purpose
 - Guidelines for obtaining an effective description
- Training

Forms of touch

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

Verbal guidance and instructions

- Variety of verbal guidance
- Guidelines: Reminders, Feedback, Confirmations, Encouragement

Body attention

- Teaching breathing, relaxation and silence:
 - Definition and goal
 - Guidelines for teaching
 - Training
- Letting the body work:
 - More manifestations of the body working
 - Training

Optimizing results

- Practitioner's body attention
- Training: Breathing



Session

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

- Giving verbal guidance and instructions
- Ways to communicate with the client in order to teach
- Forms of touch from this lesson

Footwork: Overview of Tools and Concepts

