



# Footwork – a footpath to wellbeing

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

Outline

## Lesson 4

### Structuring a session

- Definition, goal and factors for consideration
- Goal-oriented choices – choosing:
  - areas for work
  - forms of touch
  - specific points
  - verbal guidance
- Session structure:
  - Division of time and stages
  - Planning each stage (Preparation, Main part, Completion)
- Training

### Following the body

- Definition and goal
- Adapting touch to what you feel in the feet:
  - Guidelines for following the body in the moment
- Training

### Verbal guidance

- Teaching the client to let the body work:
  - Guidelines
  - Training

### Optimizing results

- Practitioner's body attention
- Training: Silence



## Session

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

- A complete, structured session
- A full learning experience adapted to the client in the moment
- Teaching how to let the body work

# Footwork: Overview of Tools and Concepts

