



Footwork – a footpath to wellbeing

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

Outline

Lesson 5

Structuring a session

- Single session:
 - Definition and aim
 - Guidelines to giving a single session
 - Training

Following the body

- The process of learning:
 - Definition and goal
 - Adapting to changes in the body
 - Training
 - Extracts from a documented process

Body attention

- Teaching body to body:
 - Definition and goal
 - Guidelines

Optimizing results

- Practitioner's body attention
- Training: Full body awareness

Transcending the technique

Session

Video segment of the 18th session of a documented process, featuring:

- Focusing a session on general wellbeing
- Teaching body to body
- Flexibility of using the different tools

Footwork: Overview of Tools and Concepts

