



## *Movement Intelligence*

Solutions for Optimal Mobility Training Part I  
Taipei, Taiwan August 15-20, 2015

Public Introduction Taipei, Aug 14, 2015 6:30pm

Registration begins 5/1:

<http://www.movement-intelligence.org/2015-ruthy-alon-solutions-for-optimal-mobility-registration/>

Any Questions please contact: Levin Lee (Movement Intelligence Taiwan Director)  
Email: [movementintelligence.taiwan@gmail.com](mailto:movementintelligence.taiwan@gmail.com)

### **Solutions for Optimal Mobility** *Self-Care Neuromotor Strategies for Individual Functional Problems*

The Solutions program provides a broad variety of movement procedures to resolve common issues people have with their functioning, like releasing lower back compression, refreshing articulation of upper back vertebrae, aligning hip joints, restoring ankles and knees' springiness, as well as feet and toes' adjustability, freeing necks' ease, building up wrists' tolerance to pressure and awakening resourcefulness for recovering balance and asymmetry difficulties.

In restoring harmony of well coordinated functioning, as nature meant, each specific problem is approached in the Solutions program through the Feldenkrais integrative perspective of dealing with the reciprocal interdependency between the specific suffering part, and its corresponding Bio-dynamic partners throughout the entire body network. Rather than imposing an unrelated right correction, of changing an isolated part, which

seems unfit, the Solutions' instruction is leading the student to explore a few unused options of moving this part, with emphasize on the involvement of the corresponding interaction with the rest of the body.

Reminding the organism the experience of supportive cooperation it spontaneously knows how to reset itself more sensibly.

Setting harmonious integration between all body parts is a primal factor in natural movement, like you can see in animals moving in the wild. This is in distinct from a cultural task, which may overuse and over intensify one part -- without proportionally adjusting it with the rest of the body correspondence.