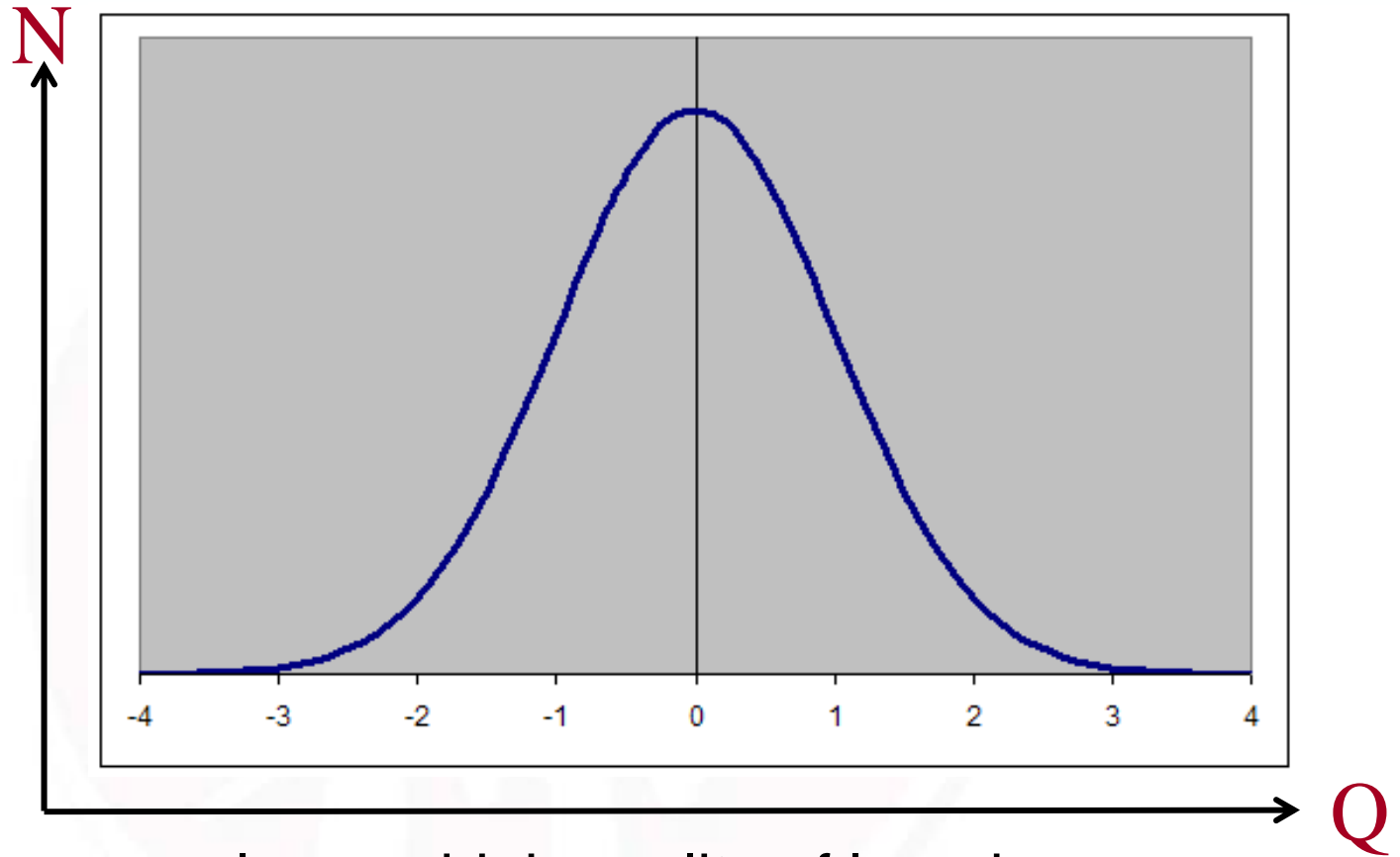


Yochanan's Way



Moti Nativ
December
12th, 2010

Yochanan talks about the Normal Curve of Learning



N = number of people

Q = quality of learning

“Babies have in general same high quality of learning. Feldenkrais looked for the quality of learning as babies have.”

Yochanan – Tel Aviv training 2010

Yochanan about Babies Learning

1. We can't do what babies can because we are much heavier and less flexible.
2. Baby does not give up on his goal (ex. reaching a toy), and will not abandon the quality of action – so he will take the time needed for him to learn the efficient action.
3. Healthy baby will accomplish it without our help. We need to help those who have real problems.

Yochanan about the Principles of FM

Be creative according to the principles.

The effectiveness of Feldenkrais Method is enormously high, so when you **stick to the principles** it will work even with Performance of 50% quality.



Principles and Techniques

- ❖ **There is such thing as training in Principle, and such a thing as training in Technique**
- ❖ **Even though you know principle, you must make yourself perfectly free in the use of technique. And even though you may wield the sword that you carry with you well, if you are unclear on the deepest aspects of principle, you will likely fall short of proficiency.**
- ❖ **Techniques and Principles are just like two wheels of a cart.**

Takuan Soho

(Zen Master 1573-1645)