

A short guide

Following these few principles helps to achieve optimal benefit for body and mind.

Slowly



Move slowly while paying mindful attention in order to sense and feel the details in the movements. This gives you the opportunity to become aware of and avoid unnecessary muscle tension. It allows your nervous system to register important sensory information and improves the communication between your brain and body.

Gently



Keep the movements gentle and avoid using force. Physical exertion and pushing yourself toward a goal limit your ability to perceive and lead to additional tension. Try to make every movement easier and more effortless than the one before. Less is more!

Avoid Pain



Do everything without pain. Stay within your comfort zone. Listen to your body. Look for pain-free movement. Do less, slow down or even visualize the movement if necessary.

Pause & Rest



Take pauses between the individual movements. Start afresh each time. This helps you to perceive differences, make variations and stay attentive. Breaks are necessary when attention fades. Resting between segments enhances your awareness and allows you to sense the changes. Give yourself permission to take a break whenever you need one. Find your own rhythm and pace.

Right



There are no right or wrong movements. Your intelligent nervous system is a highly developed organ that allows you to sense, feel and learn new skills. A playful approach – without self-judgement provides the best conditions for learning.

After-effects



Keep your attention focused on your body for a little while after the lesson. Notice how you move, what has changed and how you feel. You may observe a variety of changes and improvements, possibly in a more effortless posture, in greater ease and increased range of movement, in softer and deeper breathing and an overall sense of wellbeing. This helps your nervous system to recognise and integrate new abilities and supports their long-term reinforcement.

Visualization



Imagining, mentally rehearsing and visualizing the movements sends signals to your muscles as if you were actually performing them. This strengthens the communication between brain and body, and increases the coordination and efficiency of the movements.