

COherence and COnnectivity

These two COnccepts are a reflection of COoperation and COmmunication. Currently neuroscience applies these ideas to the brain: COnnectivity (the degree of interaction between different brain sites) and COherence (the amount of information shared between two sites via the stability and timing of the COmmunication). We as Feldenkrais practitioners consider the connection and communication between parts – getting the right amount of cooperation at the right time in the right place? Are we coherent and connected? How can we promote these ideas at synaptic, systems and sociological levels in our work?

This workshop explores both the neuro-science and the Feldy-practice of COherence and COnnectivity, using the traditions of ATM, FI and much lively debate.



Dr Susan Hillier is a Feldenkrais practitioner, assistant trainer and academic working in neuroscience. Her great delight is in finding the connectivity and coherence between her FM practice and her teaching and research into the brain and movement.

CONTENTS

WORKSHOP RECORDINGS

D1-1	MPEG-4 video	Introduction. Discussion & video clips on connectivity
D1-2	MPEG-4 video	Discussion continued
D1-3	MPEG-4 video	Discussion continued, brain map images Group activity: neuronal/social connectivity
D1-4	MPEG-4 video	Group activity discussion
D1-5	MPEG-4 video	Hands-on process - "dichotomous connectivity"
D1-6	MPEG-4 video	Discussion: experiences of hands-on activity Talk: types of connective networks Introduction to small group discussion
D1-7	MPEG-4 video	Discussion: connectivity maps/schema
D1-8	MP3 audio	ATM: personal, and partner assisted
D1-9	MPEG-4 video	Example of partner assisted ATM process
D1-10	MPEG-4 video	Closing discussion: ATM experiences
D2-1	MPEG-4 video	Comments & discussion, talk, video clips
D2-2	MP3 audio	ATM: Jello pudding
D2-3	MPEG-4 video	Discussion: ATM experiences. FI process (Apologies: the final 8 minutes of video of the FI process was corrupted)
D2-4	MPEG-4 video	Moshe on play, fun and learning, partner activity: rolling

VIDEO CLIPS & PHOTOS

D1	JPEG photo	Connectivity notes
D2	JPEG photo	FI process map
	MPEG-4 video	How we learn: synapses & neural pathways
	MPEG-4 video	Neuron network
	MPEG-4 video	Single neuron over 36 hours
	MPEG-4 video	Somatosensory cortex

MP3 audio files can be played on a computer, MP3 players, and most current model DVD players.

MPEG-4 video files can be played on a computer, media players, and most current DVD players.