

Lawrence Goldfarb

Foundations of Learning

Understanding Development and Change

February 7-14, 1993

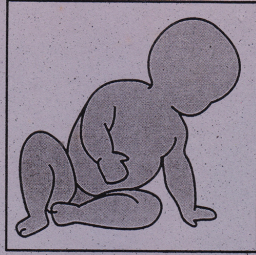
This workshop was presented in Innsbruck, Austria to a group that included physical and occupational therapists, teachers, doctors, Feldenkrais practitioners and trainees, and a martial artist. Experiential movement lessons were augmented by short lectures, demonstrations, small group exercises and discussions. Based on many years of research, the lessons presented in the workshop offer a new way of thinking about motor development. The lessons invite you to explore the unfolding of developmental processes and to investigate what takes someone from one level of functioning to the next.

CONTENT

Lessons

		<u>MINUTES</u>
LESSON 0 - Investigating contact	Tape 1, Side A	14:49
LESSON 1 - Exploring the baby pose		37:25
LESSON 1 - <i>continued</i>	Tape 1, Side B	14:25
LESSON 2 - Exploring the baby pose, <i>continued</i>		29:55
LESSON 3 - Circling the knee	Tape 2, Side A	46:00
LESSON 4 - Frog legs	Tape 2, Side B	44:11
LESSON 5 - Tongue circles	Tape 3, Side A	58:56
LESSON 5 - <i>continued</i>	Tape 3, Side B	4:24
LESSON 6 - Sequential rolling, limbs over chest		49:21
LESSON 7 - Flexing O	Tape 4, Side A	45:32
LESSON 8 - Flexing O, <i>continued</i>	Tape 4, Side B	38:31
LESSON 9 - Rolling Variations	Tape 5, Side A	45:32
LESSON 10 - Rolling to Side-Sit	Tape 5, Side B	38:31
LESSON 11 - Side-sit to hands & knees	Tape 6, Side A	49:18
LESSON 12 - Side-sit to hands & knees, <i>continued</i>	Tape 6, Side B	37:56
LESSON 13 - Coming to hands & knees	Tape 7, Side A	44:37
LESSON 13 - Coming to hands & knees, <i>continued</i>	Tape 7, Side B	28:07
LESSON 14 - Coming to creeping	Tape 8, Side A	43:29
LESSON 14 - Coming to creeping, <i>continued</i>	Tape 8, Side B	27:00

Foundations of Learning



Understanding Development and Change

Presented by Lawrence Wm. Goldfarb, Ph.D.
Bewegungszentrum in Innsbruck, Austria
February 7 -14, 1993

Notes Prepared By:

Lawrence Wm. Goldfarb & Daniel Rosenfels

Lectures

Introductory talk	Tape 9, Side A	11:22
Evaluating movement		22:40
Problems & Patterns		25:00
Two Pathways: Biomechanical and Neurological	Tape 9, Side B	32:01
Taking another look at SPIFFER - What is optimal		23:06
Self-regulation	Tape 10, Side A	18:34
The Seven C's		16:15
Review of the Seven C's, with equivalents <i>auf deutsch</i>	Tape 10, Side B	40:40

Copyright 1994 Lawrence Goldfarb & Daniel Rosenfels
Published by Feldenkrais Resources, Berkeley, CA

Archived Resources - 10 x audio cassette tapes. Printed notes