Introduction.

* Description of my experience: discovery-filled and interesting to take.

Elements found useful and not useful.

* Neuroplasticity, implicit learning and electroencephalography were useful.
* Depreciation of the brain as time goes by was not useful.

Elements applied in a tense situation.

* Conflict resolution.
* Explicit learning.

Surprising elements.

* Reconciliation of animals and specifically primates.
* Implicit learning.

Readings and videos that I resonated with.

* Basic intelligence: learning by osmosis.
* Feldenkrais on his method for children with cerebral palsy - Interview from 1981.

Things I would change.

* Shift focus to neurological disorders in general rather than focusing on cerebral palsy.
* Shift focus from movement alone to sleep, sitting and talking.
* Compare the effectiveness between Feldenkrais Method and pharmacological treatments.

Conclusion.

* The class was impactful in better understanding the interaction between the human brain and body.
* More practical videos about Feldenkrais Method and other concepts are needed.