Reflection on Awareness through Movement

Student’s Name

Course Title

Institution

Date

Reflection on Awareness through Movement

In light of this class, I must admit that this has been one of my most exciting classes this semester. While at the beginning of this class, I had a limited understanding of the fundamental properties of body movement, how muscles are coordinated during movement and the effects of the head position and the eyes movement on the whole-body movement; this class has helped me understand this better. To be precise, this class has been discovery-filled. It literary took me to experimental settings as I performed the various moves and for this reason, I have found the class quite interesting. Interestingly, different methods and approaches of learning (videos, practical activities and reading materials) have helped me better understand how my body parts move. At the end of this class, I can admit that it has been an engaging and exciting experience taking this class.

While I have had several interesting things that I have learned in this class, one of the most useful elements I have learned has been connecting hips and shoulders. While I previously experienced back problems after sitting for long hours, by learning how to connect shoulders and the hips while sitting, I have been able to do away with the pain. Today, I always ensure that there is a good connection between my shoulders and hips while sitting, as learned in this class as it makes me comfortable when sitting, affirming why I have found this latter element quite useful. The other useful element from this class has been meditation. I find the latter element quite useful as it allows one to connect with different sensual aspects when engaging in various body movements. Meditation has been useful in this class as it allowed me to feel the sensual impacts of various movements of body organs in an effort to assess where I felt most comfortable these organs being.

On the other hand, some of the elements that I found not useful from this class include the rolling to sitting and beyond lesson. Although I participated in the latter lesson, I found it unnecessary considering that I don't struggle with rolling and sitting and standing after rolling. As a result, I found exercises discussed in the lesson on rolling to sitting and beyond not useful to me as this is not one of my areas of struggle. The other element from this class that was not useful was the arms Like a Skeleton, with a Bias lesson. While the latter lesson was largely meant for persons who had back and hip problems when walking, I found it not useful to me as I had no issues with my back and hips when walking. No change was felt on my back and hips after completion and for this reason, I found them not useful to me.

If I were involved in a tense situation, there are several elements from this class that I would apply. One of the elements that I would borrow from this class and use is the concept of meditation. In this case, I would take time and engage my sensual and mental aspects while reflecting on the tense situation to see whether I could establish a way of resolving the impending issue. The other element that I would apply in the above case would be taking deep breaths. While taking a deep breath was a key element in most of the lesson activities to make one relax, the latter element would also be applicable if I were involved in a tense situation. I would take deep breaths to relax my body and calm it down from the surrounding tension.

While there are different elements that I have learned about in this class, one of the most surprising elements that I learned from this class was balancing my shoulders and hips when sitting could help me solve my back problems after long durations of sitting. While I thought that my back problems could only be solved through physiotherapy or surgery, relieving my back pain after engaging in the shoulder and hip balance exercises did surprise me as I did not expect to feel that good. The other surprising element was the relieving impact of the agile hips, knees, and feet exercises towards my problem of leg numbness after sitting for long hours. This came as a surprise since, after engaging in the agile hips, knees, and feet lesson, my legs did not become numb even after sitting for long hours. While sometimes my legs went numb after sitting for long hours, the hips, knees, and feet exercises helped me solve the latter issue, which did surprise me a lot.

While I have learned a lot from this class, I found specific materials particularly relatable. As far as the readings in this class are concerned, I found the reading on “Basic intelligence: learning by osmosis” quite relatable. I could resonate with its most evident element (implicit learning). Having worked at an ice-cream shop for some time, I resonate with the concept of implicit learning as I knew the right amount of ice-cream scoops to make for different prices without measuring the weights and in most cases, I never had losses from serving excess ice-creams. This reflects the implicit learning process described in the "Basic intelligence: learning by osmosis, as I could not explain how I managed to serve the correct amount of ice-creams. On the other hand, I resonate best with the "Feldenkrais on his method for children with cerebral palsy - Interview from 1981" video. Having lived with a cerebral palsy person in the past, I understood when Feldenkrais said that such a child doesn't feel magical movements over time since they can't repeat a move, making them slow learning how to walk. One of my distant nieces had cerebral palsy and having stayed with her long enough, I could resonate with everything that was addressed in the latter video as far as such children are concerned.

While I found this class particularly important to my personal life,one of the things that I feel should be removed if I were to continue with the work is the video "Feldenkrais on his method for children with cerebral palsy - Interview from 1981." The latter video is only useful to children who mainly have cerebral palsy. It, therefore, has a limited audience who can use its information, unlike the other lessons. For this reason, I felt that it is less impactful compared to other learning materials. The other thing that should be removed if I were to continue with the work is the learning the limbs lessons. While these lessons only allow one to understand the limb movement, they do not directly help one solve particular problems related to the limbs and for this reason, I feel that they should be removed. Overall, this class has been immensely impactful and I believe I have understood my body movement better and some of my body movement problems have also been solved. Today, I have a broad perspective about the interaction between my brain and body and between various body parts, courtesy of this class. However, Feldenkrais' lessons about stretching joints should be addressed, as this would help me overcome a wide variety of potential issues regarding my body movement.