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The Elusive Obvious: Or Basic Feldenkrais presents a thorough explanation of the Feldenkrais Method in the words of its founder, and, as its title indicates, it throws light on the causes of health problems that are hidden in plain sight"--Scientist, martial artist, and founder of the method that bears his name, Moshe Feldenkrais wrote several influential books on the relationship between movement, learning, and health.

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He was particularly fascinated with the title "Elusive Obvious". In any case the book is written by the very talented Moshé Feldenkrais, who's method of awareness through movement transforms ones body into a state of total efficiency.

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### **The Elusive Obvious or Basic Feldenkrais (□□)**

This warm conversational book is deemed by many as one of Moshe Feldenkrais's most readable and interesting books. The Elusive Obvious was the last book Feldenkrais wrote and in it he distills his vision of his Method. The book represents a graceful summation of both the theory and practice of the Feldenkrais Method.

### **The Elusive Obvious, by Moshe Feldenkrais**

This definition of self-directed learning in 'The Elusive Obvious' seemed to provide the basis for Mia's approach, which proved to "speak" effectively to the student's entire physical-mental spectrum of sensing-feeling-thinking-and-acting.

### **The Elusive Obvious III - Feldenkraisnow**

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### **The elusive obvious : the convergence of movement ...**

the\_elusive\_obvious 3 points 4 points 5 points 7 months ago A shower is optional and not during class time. Taking up 20-30 minutes of 60-90 minute class gives you less time to learning, drilling, application of concepts.

