

Learning to learn

AWARENESS THROUGH MOVEMENT

Shift your attention from what you're doing to how you're doing it.
Don't compete with yourself or others. Don't fix on final goals but be open to the experience.

Slow down to allow your system to become aware and organise itself.
Go at your own pace and rest whenever you need to.

Observe the start of a movement just before you move.
It's here, for just a moment, that you can change an action and do it differently.

Track the quality At the first hint of difficulty or discomfort do less.
Explore what's possible and easy with much less effort and less strength than you need. To detect small differences you must increase your sensitivity, which requires reducing effort.

Listen to your breath it tells about your condition and effort.
Notice when and how your breathing changes. When do you hold your breath or stiffen?
Noticing these instances will help you breathe more freely and move more comfortably.

Have fun! Be curious, playful and non-judgmental about your current ability.

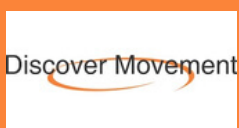
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<https://mindinmotion-online.com/larrys-blog/>



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