

PILLAR

Feedback Mechanisms: Ways your body tells you if you're doing exercises right. You might feel stretching, warmth, or other sensations.

Feldenkrais Method: Another type of exercise that uses gentle movements. It's different from Eldoa but both help you move better.

Flexibility: Being able to bend and move easily. Eldoa helps you get flexible in the right places without becoming too loose.

Fluid Dynamics: How liquids move in your body, like water flowing through pipes. Eldoa helps this flow work better.

Force Transmission: How power moves through your body, like dominoes falling. Good alignment helps your strength travel better from your feet to your hands.

Forward Head Posture: When your head sticks out in front like a turtle. This happens from looking at screens and can hurt your neck.

Frequency: How often you do the exercises - usually every day when fixing a problem, then 3-4 times a week to stay healthy.

Functional Integration: Making sure the exercises help you in real life, not just while exercising. It's like practicing piano scales to play songs better.

Functional Movement: Moving in ways you need for daily life, like reaching, bending, and twisting. Eldoa helps these movements feel easier.

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Gait: The way you walk. Eldoa can help you walk more smoothly and with less effort, like oil in a squeaky machine.

Global Effects: How doing one exercise can help your whole body, not just one spot. It's like watering a plant's roots helps the whole plant grow.

Global Fascial Integration: Using your whole body's fascia web together. It's like playing cat's cradle with your whole body instead of just your hands!

Golf: A sport that needs lots of twisting. Eldoa helps golfers twist better and avoid back pain from all that turning.

Ground Reaction Forces: The push from the ground when you jump or run. Athletes need strong backs to handle these big pushes.

Group Classes: Doing Eldoa with other people, which can be more fun than exercising alone. It's like having exercise buddies!