

Steckbrief Roger Russell

1. Person

Name: Roger Russell

City: Heidelberg

Career: Founder of the Feldenkrais-Zentrum Heidelberg

2. Experience with movement learning / Parkinson's

- Is working with MS patients for 25 years
- Similar symptoms, but different treatment
 - Searching for common solutions

3. Goals at the movement academy

- Exchange with experts from other departments
- Get to know people with similar interests in general
- Networking with scientists
- Find out what exactly causes problems for the patient, in particular: fundamental problems of movement learning

4. Ideas & expectations for the movement academy

- Focus on patients' problems, especially in their everyday lives
- No concrete expectations, anticipation of scientific exchange and new experiences

5. Change of perspective from the point of view of Johanna

- Interest in the Feldenkrais method and transfer to own situation

Steckbrief Johanna Thilenius

1. Person

Name: Johanna Thilenius

City: Darmstadt

Career: Engineer, Swim- and Triathlon-Trainer

2. Experience with motor learning / Parkinson's

- Handle with the consequences of a stroke in 2008: Solve daily life problems, sense of balance, calculating and reading, drive car
 - Methods: Swimming, Cycling, dancing lessons, karate lessons
- Talks with women with similar problems for many years
- Informed herself about Parkinson, because her partner showed symptoms of Parkinson in daily life

3. Goals and expectations at the movement academy

- Learn as many different things as possible
- Meet and get to know people with similar interests
- Take something for the daily work

4. Change of perspective from the point of view of Roger

- Is looking forward to what he can learn from Johanna and her experiences