

Alicia Fortinberry

Take Charge of Your Body

TAKE CHARGE
OF YOUR
BODY!



with

Alicia Fortinberry, M.S.
Certified Feldenkrais Practitioner.

Alicia created these 20-minute lessons to be both relaxing and easy to follow. They work by actually using the body to retrain the brain, making the previously impossible possible and the previously difficult pleasurable.

The lessons have even been found to be effective for people recovering from stroke or who have the symptoms of Multiple Sclerosis or other neurological difficulties.

Done just a few times a week these lessons can dramatically improve coordination, flexibility and efficiency.

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CONTENT

- 01 Sitting comfortably & turning
- 02 Sitting & reaching effectively
- 03 Learning from the better side
- 04 Coordinating the upper body

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Archived Resources - 2 x audio cassette tapes

