

MINDFUL SPONTANEITY

Moving in Tune with Nature:



Lessons in the Feldenkrais Method

RUTHY ALON

with an introduction by Dr Bernard Lake

Mindful Spontaneity: Lessons in the Feldenkrais Method

[Ruthy Alon](#)

Ruthy Alon's description of Feldenkrais work in *Mindful Spontaneity* is a favored text of a generation of Feldenkrais enthusiasts. Alon weaves experiential and theoretical information in a poetic yet pragmatic language. These simple and unexpected suggestions will help everyone who suffers from restricted movement or pain to find a new sense of freedom.