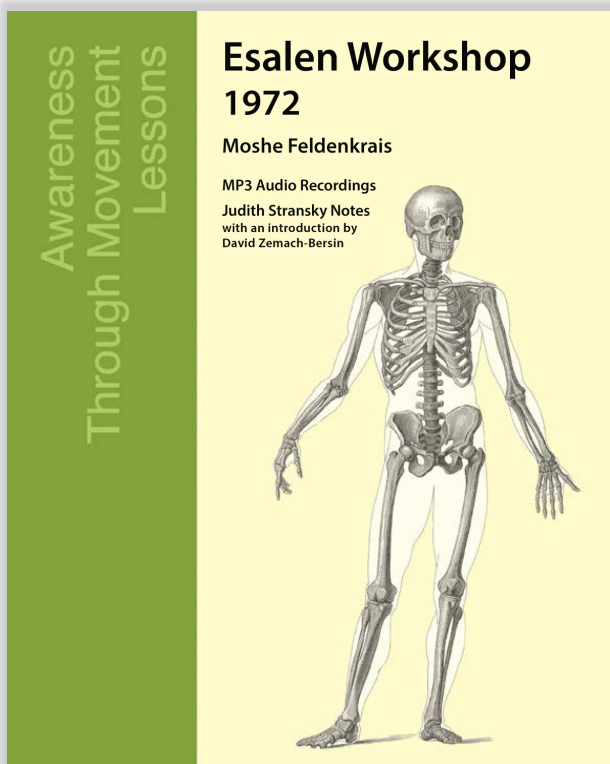
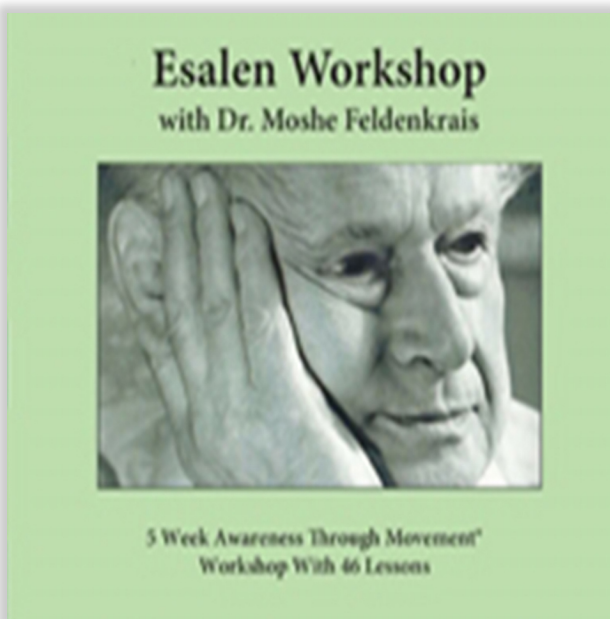




Moshe Feldenkrais

Esalen Workshop 1972 & Judith Stransky Notes

In 1972 Moshe Feldenkrais was invited to teach at the Esalen Institute in Big Sur, California. The 5 week course introduced participants to the breadth and depth of the Feldenkrais Method. The participants included many of the leading people in the humanistic psychology movement, thus the atmosphere was lively and Moshe was highly engaged. Feldenkrais authorised Esalen participants to teach of Awareness Through Movement.

The 46 audio recordings are a remarkable document of Dr Feldenkrais' teaching in his prime. They are clear, concise and powerful. The sound quality is generally excellent, a boon from so old a recording. While individual lessons are available for purchase they are best experienced in the context of the whole workshop. This was the first "immersive" training Dr Feldenkrais taught, teaching two lessons per day. Lessons vary widely from simple and elegant to complex and challenging. They are both a rewarding introduction to the *Feldenkrais Method*® created by Moshe Feldenkrais, as well as a rich resource for practitioners seeking to enhance their understanding of *Awareness Through Movement*.

CONTENT

- 01 – Introduction and General Remarks.
- 02 – Scanning and General Remarks.
- 03 – Lying on the Stomach and Lifting Head.
- 04 – Tilting Cross Legs.
- 05 – Four Cardinal Points of Support of Body.
- 06 – Theme and Variations of Right Hip Joint.
- 07 – Intro to Dial Movement of the Pelvis.
- 08 – First of Spine Chain Series.
- 09 – Actual & Mental Right Hip Symphony.
- 10 – Tilting Legs Right and Left Lying on Stomach and Searching Middle.
- 11 – Wringing the Shoulder Girdle.
- 12 – Restoring Life to Hamstrings.
- 13 – Re-education of the Eyes.
- 14 – Differentiation of Head Movement.
- 15 – Abdomen and Chest in Breathing.
- 16 – Foot Hip Discrimination.

- 17 – Walking Backward.
- 18 – Head Through the Gate.
- 19 – Mobilization of the Right Side Only.
- 20 – Furthering the Learning of the First Lesson.
- 21 – Flexors Mostly.
- 22 – Jelly Pudding.
- 23 – Left Shoulder Differentiation & Reintegration into the Self Image.
- 24 – Raising the Entire Self to Function with a Live Shoulder.
- 25 – Exploring the Extensors of the Back.
- 26 – Foot Above the Head and its Integration into the Self Image.
- 27 – Primitive Locomotion Coordinating the Locomotive Joints.
- 28 – Rhythmic Coordination.
- 29 – Differentiation of Toes Increasing Awareness of Toes in Action.
- 30 – Exploring Floor Behind the Head Making the Bridge.
- 31 – Looking for Yourself Cleaning the Left Side of Your Self Image.
- 32 – Concretizing the Self Image.
- 33 – Exploring the Outer Ranges of Hands Behind the Head.
- 34 – Elementary Eye Training.
- 35 – Initiation in Rolling.
- 36 – Getting familiar with the diagonals.
- 37 – Introduction to Head Stand.
- 38 – Elementary Attempts in Loving Oneself.
- 39 – Making the Unthinkable Feasible.
- 40 – Doing the Impossible Toad Movement.
- 41 – Centering for Strength in Pelvis & Intelligence in Extremities.
- 42 – Sensory Exploration of Lips, Tongue, Mouth.
- 43 – Becoming Aware of Stretch Effects in Extensors through Exercising Flexors.
- 44 – Pelvic Locomotion Differentiation of Gluteals.
- 45 – Extensors Put to Task.
- 46 – Imagination and Action to Complete the Back Self Image.