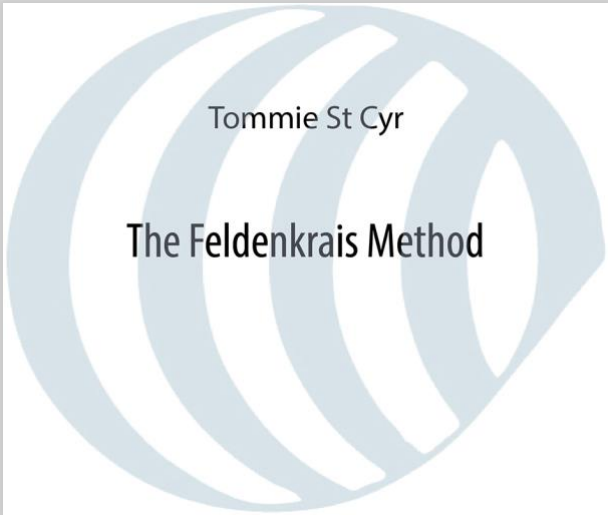




Tommie St Cyr

The Feldenkrais Method

Tommie St. Cyr

The Feldenkrais Method

1996

CONTENT

- 01 Clock
- 02 Lie on side: arm-leg
- 03 Bridge
- 04 Diagonal stretch
- 05 Minimal lifting
- 06 Eyes

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Archived Resource - 3 x audio cassette tapes.