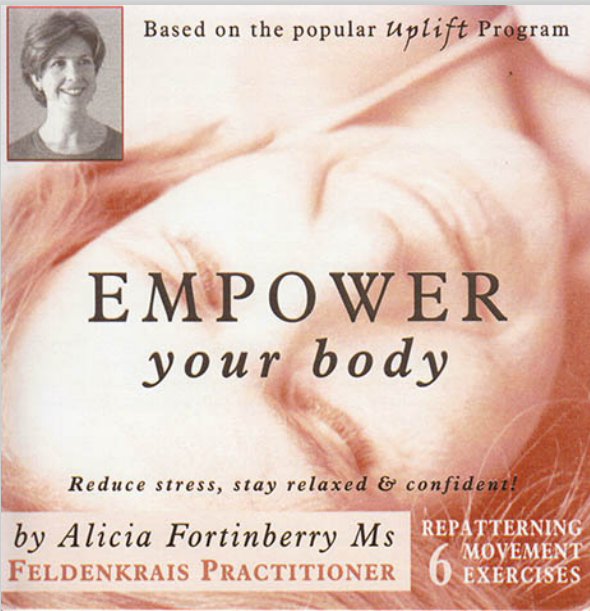




Alicia Fortinberry

Empower Your Body

1998

Inner power comes from increased self-awareness and becoming one with your body. Unlike most forms of exercise or even yoga, Repatterning Movements (RPMs) are not about how you *should* do anything, but about discovering the best and most pleasurable way for you to do what you *want*. Each of these RPM lessons addresses a specific area and improves functional coordination of your whole body.

You should experience no pain or discomfort when doing the lessons correctly. If any movement feels uncomfortable, stop or simply do the movement in your mind (it's just as effective!)

- Disk 1** Lesson 1: Balance
Lesson 2: Breathing
- Disk 2** Lesson 3: Connecting Everything
Lesson 4: Trunk and Legs
- Disk 3** Lesson 5: Back and Thighs
Lesson 6: Upper Back and Neck

Alicia Fortinberry, Feldenkrais Practitioner, presents her ground-breaking mind-body techniques at major universities and corporations around the world. She is co-founder of the Uplift Program and co-author of *Creating Optimism: A Proven 7-Step Program for Overcoming Depression* (McGraw-Hill, Feb 2004).

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Duration: 222 mins

Archived Resource - 3 x Audio CD's in case