



Josef Dellagrotte

# Turns, Twists and Spirals

## 2000

### CONTENT

- 01 Standing
- 02 Lengthening through rotation
- 03 Turning side to side
- 04 Turning front to back
- 05 Full turns folding and opening

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Designed and guided by Josef Dellagrotte

Based on Feldenkrais Awareness Through Movement

Archived Resource - 1 x audio cassette tape