



Josef DellaGrotte

The Feldenkrais Sampler

Three Introductory Lessons
Awareness Through Movement

Josef Dellagrotte

The Feldenkrais Sampler

Three Introductory Lessons
Awareness Through Movement

CONTENT

01 Lesson 1 22 min

02 Lesson 2 11 min.

03 Lesson 3 16 min

Copyright Josef DellaGrotte PhD
PO Box 612, Westminster, MA 01473

Archived Resource - 1 x audio cassette tape