

The authorized edition of the training
manual of basic theories and techniques.
Indispensable for teachers and their pupils.

THE FELDENKRAIS *Teaching By Handling* METHOD

Yochanan Rywerant

Foreword by Dr. Moshe Feldenkrais

The Feldenkrais Method: Teaching by handling

Paperback

Jochanan RYWERANT

This book presents the system of Functional Integration® devised by the Israeli scientist Dr. Moshe Feldenkrais. The Feldenkrais system is a way of handling the body by communicating specific sensations to the central nervous system in order to improve the functions of the motor system. Functional Integration is unique in that it evokes changes in the human brain at a level heretofore thought unachievable by any known educational technique: muscular tonicity — even spasticity — is actually modified, the range of movement is enhanced, movement becomes more coordinated, and the overall efficiency and comfort of muscular functioning is increased. In this book you'll learn how the author has devised a framework for understanding an immensely subtle and elusive technique for human change.