



Ruthy Alon

The Feldenkrais Method

1986

CONTENT

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| 01 | Sitting to kneeling | |
| 02 | Discovering the lower back | |
| 03 | Lower back | |
| 04 | Lower back | |
| 05 | Eating #1 | |
| 06 | Eating #2 | |
| 07 | Rolling over | |
| 08 | Rolling over | |
| 09 | Lying to sitting | |
| 10 | Lying to sitting | |
| 11 | Clock #1 | |
| 12 | Blanket #1 | |
| 13 | Clock #2 | Incomplete – audio cassette faulty |
| 14 | Neck | |
| 15 | Breathing | Not able to digitize – audio cassette mouldy |
| 16 | Blanket #2 | Not able to digitize – audio cassette mouldy |
| 17 | Clock #2 | Not able to digitize – audio cassette mouldy |
| 18 | Neck #2 | Not able to digitize – audio cassette mouldy |

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Archived Resources - 9 x audio cassette tapes