



Ruthy Alon

## The Grammar of Spontaneity

Volume 1 1978

### DESCRIPTION

This series of basic Awareness Through Movement exercises is grounded in early movement patterns of development and designed to restore the grace and ease of moving as a child. Ruthy Alon is one of Moshe Feldenkrais' original Israeli students. Ruthy's style of teaching is warm and inviting.

### CONTENT

1. Lower back
2. Shoulders
3. Neck
4. Rolling side to side
5. Lying to sitting
6. Diagonal stretch
7. Kneeling to sitting
8. Head to knee
9. Rocking
10. Rolling

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Archived Resource - 5 x audio cassette tapes