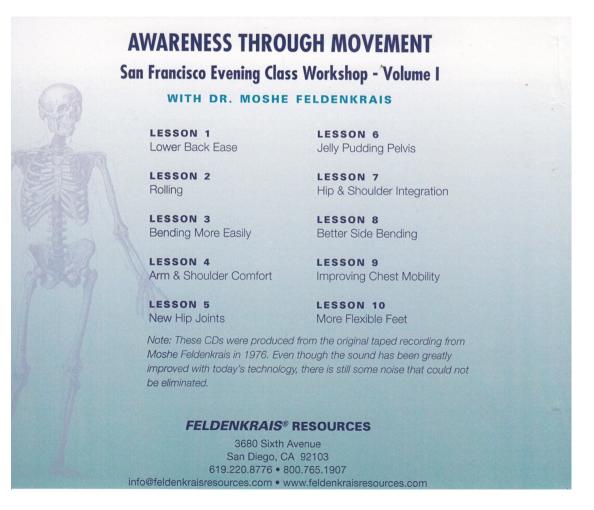


Moshe Feldenkrais

San Francisco Evening Class Workshop

Volume 1 1976

When Moshe Feldenkrais visited San Francisco to conduct his first United States training program he held a popular Awareness Through Movement class for the general public. Twice weekly people from many different walks of life came to learn a variety of his remarkable lessons. These recordings are a selection of the lessons taught in the San Francisco evening class. Each lesson is easy to do and attends to a different aspect of human movement.



Archived Resources - 10 x Audio CD's in case