

AWARENESS THROUGH MOVEMENT®

San Francisco Evening Class Workshop
Volume I

WITH DR. MOSHE FELDENKRAIS



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Moshe Feldenkrais

San Francisco Evening Class Workshop

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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.

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LESSON 1

Lower Back Ease

LESSON 2

Rolling

LESSON 3

Bending More Easily

LESSON 4

Arm & Shoulder Comfort

LESSON 5

New Hip Joints

LESSON 6

Jelly Pudding Pelvis

LESSON 7

Hip & Shoulder Integration

LESSON 8

Better Side Bending

LESSON 9

Improving Chest Mobility

LESSON 10

More Flexible Feet

Note: These CDs were produced from the original taped recording from Moshe Feldenkrais in 1976. Even though the sound has been greatly improved with today's technology, there is still some noise that could not be eliminated.

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