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## Feldenkrais at Home

Align your body; Your Upper body  
1997

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- 01 Lower and upper back
- 02 Middle spine
- 03 Head and body roll
- 04 Neck, head & shoulders
- 05 Pelvis, head & eyes
- 06 Chest and breathing
- 07 Chest and shoulders
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- 09 Sitting

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Archived Resources - 5 x audio cassette tapes.