

Dr. Moshe Feldenkrais at Alexander Yanai

Volume 1, Part 2. Awareness Through Movement lessons 26-50

From the early 1950's to late 1970's, Moshe Feldenkrais taught eight weekly public Awareness Through Movement classes in Tel Aviv. The street where these classes took place was named after Alexander Yanai, and this collection of lessons have taken on the same name. Moshe recorded his lessons and over a period of 25 years he recorded close to 600 ATM lessons covering an astounding range of possible human functions. He considered every lesson a masterpiece that stands in its own right.

CONTENTS

- 26 Pearls and eyes
- 27 Elbows and knees touching
- 28 Legs crossed and expanding chest and abdomen
- 29 Minimal lifting
- 30 Circles with the head and leg; on the side
- 31 Lifting in thought, on the stomach
- 32 Lengthening and straightening the left leg
- 33 Hands interlaced
- 34 Foot on the head
- 35 Stomach and chest first
- 36 The foot and its toes
- 37 Sliding along the length of the leg
- 38 Head and back (distinctions in turns)
- 39 Lifting your knee while sitting
- 40 Lifting the pelvis with a swing of the leg
- 41 Basic bending
- 42 Lifting the head/knee
- 43 Lifting the pelvis on standing feet
- 44 Lengthening of the arms in the shoulder blades
- 45 Lifting the elbows in front
- 46 Lowering the head
- 47 Lifting the lower leg with both hands
- 48 And from here to the frog stand
- 49 Sliding on one leg
- 50 Lowering the head

The Feldenkrais Method

Awareness Through Movement Lessons

Dr. Moshe Feldenkrais
at
Alexander Yanai
Volume One, part 2

Translated by Anah Ranciel
Edited by Ellen Selawsky

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