



Moshe Feldenkrais
Functional Integration® Series
Amherst 1980–1981

2 disc set

DVD Series
Volume 1: Ken 1980

Commentaries by Jerry Karzen

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With this release, the IFF Distribution Center continues to issue Functional Integration lessons by Moshe Feldenkrais recorded during the Amherst Training (1980–1981). For the first time, this material is offered in digital format with 5 lessons in one 2-disc set. Jerry Karzen, Feldenkrais Trainer, organizer of the Amherst training, and the foremost commentator on these lessons (which he was instrumental in getting recorded), has generously provided commentary on each lesson in the series.

These commentaries illustrate how the lessons use many of Feldenkrais' strategies such as making movement from both ends, using developmental patterns, 'neurological diplomacy' and using rollers. Feldenkrais critiques himself at the end of lesson 4 titling it 'How Not to Do a Lesson.' The entire series serves as a valuable learning tool to develop conceptual and practical understanding of Functional Integration as demonstrated by the originator of the process.



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