

The logo for the Quest Seminar San Francisco 1981. It features a stylized, light blue circular design with several curved, overlapping segments that create a sense of movement or a globe. The text "Moshe Feldenkrais" is positioned at the top, "Quest Seminar San Francisco" is in the center, and "1981" is at the bottom.

Moshe Feldenkrais

Quest Seminar San Francisco

1981

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The 1981 Quest series were Moshe Feldenkrais' last public workshops, and are an important part of his legacy, representing the apex of his creative output, and the height of his public teaching. These public workshops were sponsored by the Quest organization.

Each Quest workshop contains original ATM lessons which do not exist anywhere else and demonstrate how Feldenkrais' thinking and teaching evolved. The depth and originality of his ATM teaching and the lucidity of his explanations are remarkable, and a significant departure from how he has taught before.

CONTENT

Friday Evening

Lesson #1	71 min.	Side #1 0-720 44:00 Side #2 0-480 26:45
Lesson #2	34 min.	Side #2 495-706 16:45 Side #3 0-350 17:30

Saturday Morning

Talking	17 min.	Side #3 366-604 16:50
Lesson #3	48 min.	Side #3 616-713 7:40 Side #4 0-661 40:40
Lesson #4	61 min.	Side #4 673-700 2:20 Side #5 0-714 44:10 Side #6 0-294 14:45

Saturday Afternoon

Lesson #5	57 min.	Side #6 310-696 28:15 Side #7 0-518 28:30
Lesson #6	58 min.	Side #7 532-717 14:30 Side #8 0-706 44:00

Sunday Morning

Lesson #7	65 min.	Side #9 0-718 44:05 Side #10 0-394 20:55
Lesson #8	55 min.	Side #10 409-701 22:05 Side #11 0-394 32:45

Sunday Afternoon

Questions	108 min.	Side #11 591-722 10:15 Side #12 0-709 44:00 Side #13 0-713 44:00 Side #14 0-208 9:40
Lesson #9	32 min.	Side #14 227-690 31:50

Monday Morning

Lesson #10	73 min.	Side #15 0-717 43:40 Side #16 0~510 29:10
Lesson #11	54 min.	Side #16 522-693 13:30 Side #17 0-678 40:30

Monday Afternoon

Lesson #12	87:00	Side #18 0-698 44:00 Side #19 0-715 43:00
Lesson #13	37 min	Side #20 0-606 36:50

Tuesday Morning

Lesson #14	62 min.	Side #21 0-719 44:05 Side #22 0-345 18:05
Lesson #15	44 min.	Side #22 360-690 25:05 Side #23 0-387 19:20

Tuesday Afternoon

Lesson #16	80 min.	Side #23 403-731 23:45 Side #24 0-711 44:10 Side #25 0-255 11:55
Lesson #17	30 min.	Side #25 272-710 30:35

Wednesday Morning

Lesson #18	63 min.	Side #26 0-691 43:55 Side #27 0-393 19:45
Lesson #19	31 min.	Side #27 409-724 23:15 Side #28 0-178 8:20

Wednesday Afternoon

Questions	23 min.	Side #28 197-557 .23:00
Lesson #20	54 min.	Side #28 568-704 11:00 Side #29 0-726 43:30
Lesson #21*	44 min.	Side #30 0-704 44:00

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Published by ATM Recordings
1429 Montague Street
NW Washington, DC 20011

Archived Resources - 15 x audio cassette tapes.

* At the beginning of this lesson are 5 minutes of dialogues between Moshe and participants. We have included these interactions because we (the editors) believe they merit some thought, especially when considering the context in which they occur.

A GUIDE TO WORKSHOP CASSETTES

These audio cassettes are monophonic recordings. For best results on stereo equipment, either set the MODE SELECTOR switch to MONO, or adjust the BALANCE CONTROL so that the volume from both speakers is equal. You will find these controls on your amplifier or pre-amplifier.

Each cassette has no more than 44 minutes of material on each side. Therefore, some lessons that start on one side will finish on the next. When the lesson is continued on the next side of the SAME cassette, it is necessary only to turn the tape over and begin--do not rewind to the beginning of side 2. When a cassette side contains two different lessons, a period of silence separates them (60 seconds). To facilitate finding these points, we suggest you use your turns counter, making a note of where lessons begin and end. The counter numbers provided in this guide (4th column from the left) are approximate--the counter was zeroed at the first sound.

These cassettes should be trouble-free, but if you do find a defective one, return it to us with a description of the difficulty and we'll gladly replace it. We're proud to be able to bring you these workshops, and hope you'll enjoy using the tapes. We welcome your comments.