



San Francisco Evening Class Notes

Awareness Through Movement Lessons. 1976

In 1976, during the second year of the San Francisco training program, Moshe taught two bi-weekly evening Awareness Through Movement Classes for the general public. This is the only example we have of Moshe teaching an ongoing class for the public in English. In addition it shows us a further approximation of his ATM teaching as the class takes place nearly a decade after most of the AY lessons were recorded. Significant differences from his earlier ATM teaching style are apparent.

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