

LIMBER LIMBS

Uncover new-found flexibility and coordination by experiencing first-hand your body's design for effortless, effective action.

CONTENT

1. MP3 Audio Talk: introducing workshop themes and shaking hands
2. MP3 Audio Opening the arm to the side
3. MP3 Audio Opening the other arm to the other side
4. MP3 Audio Questions and comments
5. MP3 Audio Rocking and reaching



Larry Goldfarb PhD is a movement scientist, certified Feldenkrais® trainer, known for articulating the thinking behind the method. Besides directing and teaching in Feldenkrais professional training programs in Europe, Australia, and North America, Dr. Goldfarb teaches public workshops, professional seminars, and post-graduate courses the world over. He is also the founder of Mind in Motion (MIM) and Mind in Motion online (MIMO). Having written extensively about the Feldenkrais Method® of learning, Larry is committed to developing explicit frameworks for understanding the method and for making the method relevant in everyday life.



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