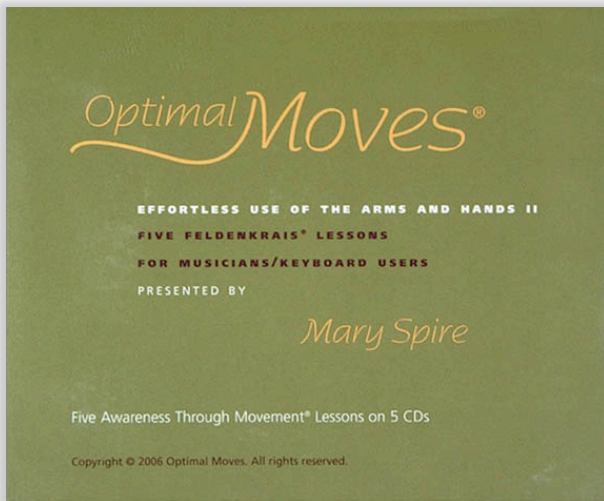




Mary Spire

Optimal Moves

Effortless Use of the Arms and Hands

Vol. II 2006

These advanced lessons are recommended for those with prior Feldenkrais Method® experience. The lessons focus on how to use the powerful, strong muscles of the lower back and pelvis to free the neck and shoulders, thus reducing the strain in the arms, fingers and wrists.

These lessons are especially beneficial for musicians, for people who work at computer keyboards and for anyone who wishes to improve the use of their arms and hands. By improving posture, breathing, coordination and thinking as you learn to move in new ways, you can prevent injury and improve your performance skills.

Mary's audio programs are suitable for levels of all interest - from those new to the Feldenkrais Method to those experienced with body awareness practices as well as Practitioners and Trainees of the Feldenkrais Method.

1. Lengthening Arms and Legs
2. Increasing Mobility of the Spine and Chest
3. Hands Behind
4. Opposing Movements of Shoulder Girdle, Head and Pelvis
5. Extending Arms and Knees

Archived Resource - 23 x MP3 audio files