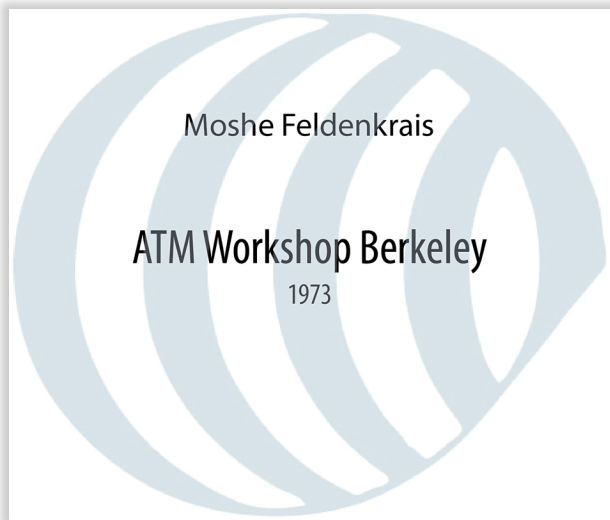




Moshe Feldenkrais

Awareness Through Movement Workshop

Berkeley, California. 19 June to 19 July 1973.

The 1973 Esalen/Berkeley workshop was a special occasion for Moshe. It was only his second visit to the United States, and the workshop included many of the leaders in, the then new, humanistic psychology movement. These audio recordings are as complete a record of the workshop as exists.

Through professional audio equalization and filtering processes we have tried our best to enhance the quality of the original recordings. Imperfections which remain on a few of the tapes are due to problems on the original masters.

Tapes 1 and 2 were recorded before Moshe decided to professionally record the entire workshop. Tape 2 is particularly poor, but it improves after the first 10 minutes. They have been included as part of the historical record of the workshop.

Just prior to the Berkeley workshop, Moshe had conducted workshops for theatre director Peter Brook and Teatro Campesino. On several occasions in Berkeley he played tapes of lessons given at these workshops. For example, this occurs on tapes 12, 13 and 25. At times, Moshe would turn off the tape to make comments to the Berkeley group and then turn the tape back on. Also, on tape 29 there is a small blank spot on side B. At this point the lesson changes over to the left side.

If in using the tapes there are any other points of confusion, please write or telephone us and I will attempt to use my memory or notes to answer your questions. We hope you enjoy this extraordinary and rare document of Moshe's teaching.

P.S. The complete set has been put onto 49 rather than 51 tapes.

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Archived Resources - 49 x audio cassette tapes

CONTENT

1.	18 Jun	AM	Breathing
2.	18 Jun	PM	Flexors
3.	19 Jun	AM	Extension
4.	19 Jun	PM	Flexing and Stretching Toes
5.	19 Jun	PM	Flexing and Stretching Toes, continued.
6.	20 Jun	AM	Pelvic Clock
7.	20 Jun	PM	Foot Above Head
8.	21 Jun	AM	Spine Twisting
9.	21 Jun	PM	Jelly Pudding and Functional Integration Comments
10.	22 Jun	AM	On All Fours
11.	22 Jun	PM	Experiencing the Middle
12.	25 Jun	AM	Praying
13.	26 Jun	AM	Lengthening the Right Side
14.	27 Jun	AM	Toe Touching
15.	28 Jun	AM	Rolling the Head
16.	28 Jun	PM	Arms Over Knees
17.	29 Jun	AM	Group Lesson
18.	29 Jun	PM	Eyes
19.	02 Jul	AM	Caressing Floor with Left Hand
20.	03 Jul	AM	Rotating Both Arms and Walking on Side
21.	03 Jul	PM	Walking on Side
22.	05 Jul	AM	Head and Tongue on Dial
23.	05 Jul	PM	Head Under Gate and Sommersaults
24.	06 Jul	AM	Arms Twisting
25.	10 Jul	AM	Shoulder and Hip Circles
26.	10 Jul	PM	Internal Space
27.	11 Jul	AM	Toe Touching Standing
28.	12 Jul	AM	Rolling Imaginary Ball
29.	12 Jul	PM	Toe Touching
30.	14 Jul	AM	Tilting to Side
31.	13 Jul	PM	Twisting While Sitting
32.	16 Jul	AM	Body Scan and Leg to Head
33.	16 Jul	PM	Leg to Head
34.	17 Jul	AM	All Fours to Lying and Back

35.	25 Jul	PM	Lecture
36.	26 Jul	PM	Lecture
37.	27 Jul	PM	Lecture
38.	12 Jul	PM	Lecture
39.	09 Jul	PM	Lecture and Rolling
40.	11 Jul	PM	Questions and Answers
41.	26 Jun	PM	Twisting While Sitting
42.	28 Jun	PM	Flexors
43.	01 Jul	PM	Extensors and Breathing
44.	01 Jul	PM	Lecture and Breathing
45.	03 Jul	PM	Extensors
46.	05 Jul	PM	Shoulder and Hip Circles
47.	10 Jul	PM	Voice
48.	17 Jul	PM	Lateral Flexion
49.	19 Jul	PM	Pelvic Clock