



Vison Quest Media

Feldenkrais Movement Re-education

Interviews with Margaret Kaye, Zoran Kovich and Margaret Mayo
1996

"A body which is organized to move with minimum effort and Maximum efficiency"
This was the purpose for which Moshe Feldenkrais developed his lessons for aiding individuals in being more aware of how they move and methods by which they can be improved. This video covers the practice of the Feldenkrais Method, including:

- An introduction to this method
- a sample Functional Integration session
- A sample Awareness Through Movement class
- The origin and philosophy of the Feldenkrais Method
- The benefits of Feldenkrais
- Case examples and actual demonstrations

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