

Larry Goldfarb



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Love Your Weakness

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A personal weakness is, all too often, is taken as something to criticize, correct, cover up, or overcome. We expend amazing amounts of energy, time, and resources attempting to fix—or at least hide—our defects and deficiencies. What if we instead, befriend our shortcomings and find a way to accept who we are? Instead of resenting and fighting the flaw—be it poor posture, a bent spine, deformed limb, disfigured face, odd tick, inescapable tremor, spastic movements, or whatever—it would become a source of inspiration and strength. Learn to love your weakness and you can break these chains of judgment, blame, and guilt. This *Feldenkrais* program opens the door to self-acceptance and all the wonders that it has to offer.

CONTENT

- | | | |
|----|-----------|--|
| 01 | MP3 Audio | Pulling the breast bone backwards |
| 02 | MP3 Audio | Rolling the pelvis |
| 03 | MP3 Audio | Accompanying the breast bone backwards |
| 04 | MP3 Audio | All connected - checking in on the LYW day two |
| 05 | MP3 Audio | Like a turtle |
| 06 | MP3 Audio | Rolling on the floor and against the wall |
| 07 | MP3 Audio | Titling until tomorrow |
| 08 | MP3 Audio | From turtle to swan |
| 09 | MP3 Audio | Folding and arching the back |
| 10 | MP3 Audio | No neck monsters |
| 11 | MP3 Audio | Good gracious oh me oh my |
| 12 | MP3 Audio | Titling your leg then sliding your knee |
| 13 | MP3 Audio | Starting LYW day four |
| 14 | MP3 Audio | Surfing gravity on your mat |
| 15 | MP3 Audio | The bottom is made for walking |
| 16 | MP3 Audio | Rolling off the wall |

Archived Resources - 16 x MP3 audio files purchased and downloaded from Mind in Motion