

YOGA
using

Awareness Through Movement
(Based on the Feldenkrais® Method)

Designed and guided by
Josef DellaGrotte, M.A., Ph.D.



Josef DellaGrotte

Yoga Using Awareness Through Movement

Based on the Feldenkrais Method

CONTENT

Tape 1

Spinal Twisting: Movements & Yoga Postures 26 min

Tape 2

Head to Knee: Movements & Yoga Postures 29 min

Tape 3

Yoga Sun Salutation

A guided process using Feldenkrais Awareness Through Movement

Copyright 1990 Josef DellaGrotte PhD

Archived Resources - 3 x audio cassette tapes