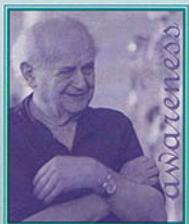


AWARENESS THROUGH MOVEMENT®

San Francisco Evening Class Workshop
Volume III

WITH DR. MOSHE FELDENKRAIS



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San Francisco Evening Class Workshop

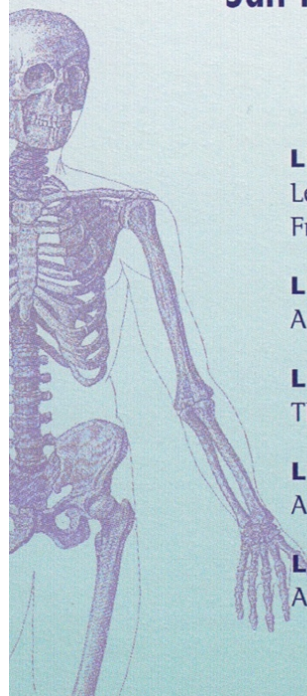
Volume 3 1976

When Moshe Feldenkrais visited San Francisco to conduct his first United States training program he held a popular Awareness Through Movement class for the general public. Twice weekly people from many different walks of life came to learn a variety of his remarkable lessons. These recordings are a selection of the lessons taught in the San Francisco evening class. Each lesson is easy to do and attends to a different aspect of human movement.

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LESSON 1

Lecture: What is Human
Free Hip Joints

LESSON 2

A Longer Spine

LESSON 3

The Pelvis Frees the Neck

LESSON 4

A Flexible Spine in Sitting

LESSON 5

Advanced Bending

LESSON 6

Advanced Jelly Pudding

LESSON 7

Rolling to Sit

LESSON 8

Advanced Rolling to Sit

LESSON 9

Improving the Knees

LESSON 10

Advanced Turning

LESSON 11

Freeing the Legs

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