

Dr. Moshe Feldenkrais at Alexander Yanai

Volume 1, Part 1. Awareness Through Movement lessons 1-25

From the early 1950's to late 1970's, Moshe Feldenkrais taught eight weekly public Awareness Through Movement classes in Tel Aviv. The street where these classes took place was named after Alexander Yanai, and this collection of lessons have taken on the same name. Moshe recorded his lessons and over a period of 25 years he recorded close to 600 ATM lessons covering an astounding range of possible human functions. He considered every lesson a masterpiece that stands in its own right.

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The Feldenkrais Method

Awareness Through Movement Lessons

Dr. Moshe Feldenkrais
at
Alexander Yanai
Volume One, part 1

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