

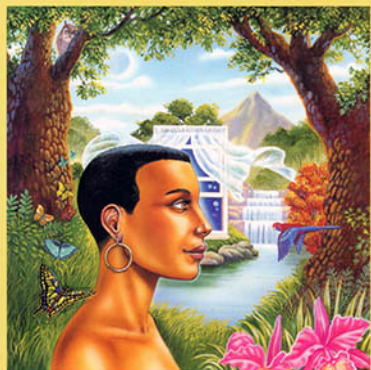
The Heavenly Gait

& OTHER EARTHLY PLEASURES

By David Hall



An 8 CD set of Feldenkrais 'Awareness Through Movement' lessons



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The Heavenly Gait

And Other Wordly Pleasures 2005

Feldenkrais Awareness Through Movement



Awareness Through Movement lessons are pleasurable and deeply relaxing movement explorations that can have a profound influence on the way you think, move, feel and function. The sense of ease you experience after a lesson can make everyday actions feel like bliss. Thousands of people all over the world have used the Feldenkrais Method to get rid of back, neck or limb pain and find relief from many other 'physical' or 'mental' problems.

These are not exercises in the traditional sense. In each lesson you do only one 'exercise' and you do it with a minimum of force and a maximum of conscious awareness. You are guided through a sequence of movements that are all related to a functional theme such as walking or bending. Rather than being told how to move, your attention is directed to different parts of your body or experience. The movements become easier as you learn to spread the effort throughout your body. You may be surprised at the apparently unrelated areas of your life in which you feel a benefit.

The lessons on these CDs encourage you to explore the way you move as a way of being. They urge you to move with an appreciation of who you are and to do the things that you love. They are an opportunity to be in the present and to become more attuned to the experience of life through your body. Living this way removes the source of many aches and pains. It leads you to a sensually enriched life, where walking can indeed feel like heaven, and the simplest of things can be felt as ecstatic earthly pleasure.

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Archived Resources - 8 x Audio CD's in case

