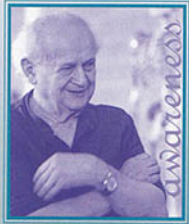


AWARENESS THROUGH MOVEMENT®

San Francisco Evening Class Workshop

Volume II

WITH DR. MOSHE FELDENKRAIS



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Moshe Feldenkrais

San Francisco Evening Class Workshop

Volume 2 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.

AWARENESS THROUGH MOVEMENT

San Francisco Evening Class Workshop - Volume II

WITH DR. MOSHE FELDENKRAIS

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LESSON 2

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LESSON 3

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Pelvic Clock

LESSON 5

Easier Turning

LESSON 6

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LESSON 7

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