

Advanced Awareness Through Movement®

Finding the Skeletal Path

with David Zemach-Bersin



4 CD Set

David Zemach-Bersin

Finding the Skeletal Path

Advanced Awareness Through Movement

Understanding skeletal support is essential for light and easy movement and for efficiency in Functional Integration. The five Awareness Through Movement lessons in this series are unlike any others available on CD or in book form. They are advanced lessons taught at a special class for teachers, by Dr. Feldenkrais in Israel. Some of the lessons are complex and physically challenging and will thus provide an exciting learning opportunity for the experienced student. It is highly recommend that you have extensive experience with Awareness Through Movement.

CONTENT

1. Integrated Advanced Turning
2. Advanced Arching
3. Improved Posture
4. Elongating the Spine
5. Weightless Standing

Archived Resource - 5 x MP3 audio files