



## Direction. Volume 1, No.7

- ◇ The Garlick Report. / Dr. David Garlick
- ◇ Man - The Tottering Biped: Part II: Anatomy of Posture in Living Higher Primates. / Phillip V. Tobias
- ◇ F. M. Alexander and Evolution. / Jean M. O. Fischer
- ◇ The Pursuit of Poise. / David Hall
  - Professional chauvinism, compulsive behaviour, singing and effective strategies for dealing with pain all gain a mention in this thought provoking article on the uses and place of each method.
- ◇ Feldenkrais Method - Interview with Mark Reese
  - Everything you always wanted to know about Feldenkrais but never knew who to ask. A leading practitioner of the Feldenkrais work explores the current thinking of the movement.
- ◇ Missions on the Methods. / Michael Johnson-Chase
  - Are you a convergent, Alexander type, creative thinker or a Feldenkrais, divergent type creative thinker? A practitioner of both methods puts writes about the kind of people attracted to each.
- ◇ Awareness Through Movement (ATM) A lesson in ease ...
  - You lie on the floor, roll around, listen to your body and experiment with movement possibilities. Awareness Through Movement is the Feldenkrais version of group work.