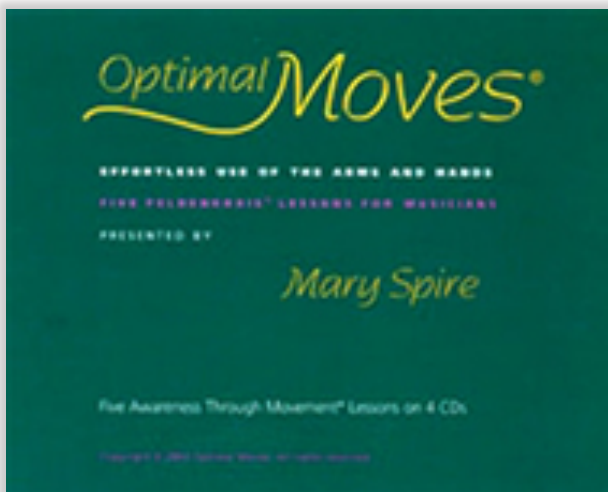




Mary Spire

Optimal Moves

Effortless Use of the Arms and Hands

Volume 1

These innovative and potent Awareness Through Movement lessons focus on how to use the strong and powerful muscles of the trunk to free the shoulders and neck allowing for lighter easier movement of the arms wrists and fingers and the overall reduction of strain.

They are especially beneficial for musicians and for people who work at computer keyboards. By improving posture breathing and coordination you will learn to move think and sense in new ways that can help prevent injury and improve your performance skills.

Mary's audio programs are suitable for levels of all interest - from those new to the Feldenkrais Method to those experienced with body awareness practices as well as Practitioners and Trainees of the Feldenkrais Method.

1. Lengthening the Spine
2. Increasing Mobility of the Chest
3. Rolling Fists
4. Flying Lesson
 - I. On the belly, lift the arm
 - II. On the back, pressing fingers
 - III. On the belly, extending both arms
 - IV. On the back, final scan
5. Dominant Hand

Archived Resource - 8 x MP3 audio files