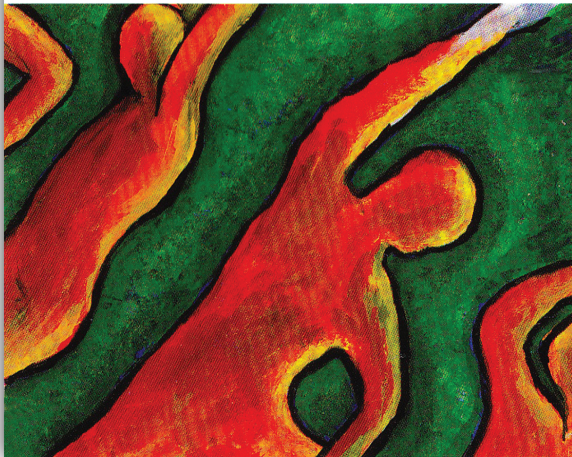


Feldenkrais

Awareness Through Movement

David Hall



David Hall

Feldenkrais: Awareness Through Movement.

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The Feldenkrais Method is an inventive and exciting approach to movement that improves peoples' ability to function. Awareness Through Movement lessons are not so much exercises as highly structured movement explorations. They are designed so participants can make discoveries about how their body moves in much the same way that a toddler discovers about how to roll over, crawl and walk. The lessons are simple, easy and possible for people of all ages.

CONTENT

Tape 1	Lesson 1	Knees to the side
	Lesson 2	Head, pelvis and eyes
Tape 2	Lesson 3	Raising the pelvis
	Lesson 4	Rolling to the side
Tape 3	Lesson 5	Reaching / arm circles
	Lesson 6	Rolling onto the stomach

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Archived Resources - 3 x audio cassette tapes