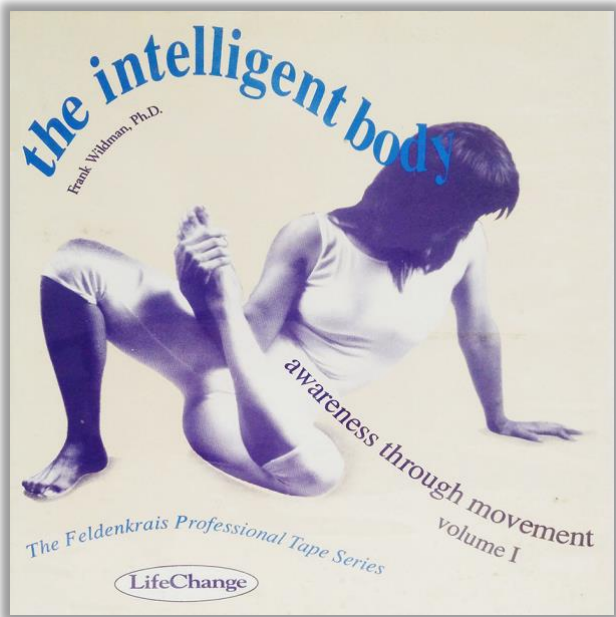




Frank Wildman PhD

The Intelligent Body

Feldenkrais Professional Tape Series

Awareness Through Movement Vol. 1 1994

Copyright 1994 Frank Wildman

Published by Balanced Living Books

PO Box 244 Laurieton NSW 2443 Australia

This professional tape series provides the most comprehensive and practical guide to the Feldenkrais Awareness Through Movement method. This tape series is designed primarily for two audiences:

- those interested in the benefits they can derive by using the lessons; and
- those who want to make use of some Awareness Through Movement lessons to apply to work they might be doing in physical rehabilitative medicine, health education and movement education programs, and psychology.

You will have to immerse yourself in the experiential process presented in this tape series. Only by improving awareness of your own bodily functioning will you be able to improve your use of yourself or make use of this material for any application.

Content

Tape 1	Lesson 1. Activating the Flexors
	Lesson 2. Activating the Extensors
Tape 2	Lesson 3. Arm Reach and Roll
	Lesson 4. Freeing the Adductors
Tape 3	Lesson 5. Rolling onto the Side
	Lesson 6. Lengthening the Hamstrings and Spine
Tape 4	Lesson 7. Crawling to Sitting and Lying
	Lesson 8. Pelvic Movements
Tape 5	Lesson 9. Differentiating Feet, Toes, and Fingers
	Lesson 10. Shoulder and Arm Circles
Tape 6	Lesson 11. Activating the Imagination
	Lesson 12. Sitting to Standing Easily

Archived Resource - 6 x audio cassette tapes