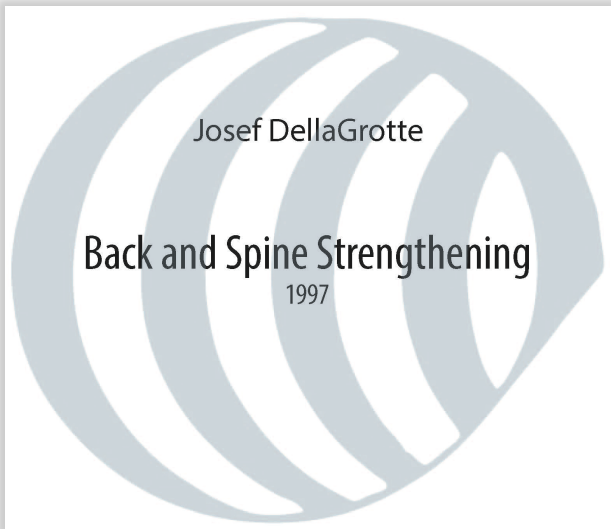




Josef Dellagrotte

Back and Spine Strengthening 1997

CONTENT

- | | |
|-------------------------------------|--------|
| 01 Crossovers and rotational twists | 16 min |
| 02 Flexing and rotation | 13 min |
| 03 Flexing and abdominal strength | 12 min |
| 04 Bridging | 13 min |
| 05 Inversions for joint mobility | 18 min |

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Lesson-exercises designed and guided by Josef DellaGrotte PhD
Based on Feldenkrais Awareness Through Movement

Archived Resources - 1 audio cassette tape