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The Intelligent Body

Feldenkrais Professional Tape Series

Awareness Through Movement Volume 2

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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

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	Lesson 2. Crossed Knee Drop - Rotating
Tape 2	Lesson 3. Improving Breathing
	Lesson 4. Lengthening the Sides
Tape 3	Lesson 5. Baby Alligator
	Lesson 6. Chair Movements to Standing
Tape 4	Lesson 7. Discovering the Foot and Ankles
	Lesson 8. Roll to Sit - Hand to Foot
Tape 5	Lesson 9. Rolling a Ball Over the Body
	Lesson 10. Leg Tilt Side to Side
Tape 6	Lesson 11. Rolling Like a Baby
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Archived Resource - 6 x audio cassette tapes