



ADVANCED TRAINING
for
FELDENKRAIS TEACHERS
with

Ruthy Alon

1989 • Berkeley, California

Feldenkrais Resources
P. O. Box 2067
Berkeley, CA 94702

Ruthy Alon

Advanced Training for Feldenkrais Teachers

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CONTENTS

1. Counter-symmetry with the mouth, jaw and head
2. Hip alignment in standing
3. Using the wall in standing
4. Silk scarf organic movement

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