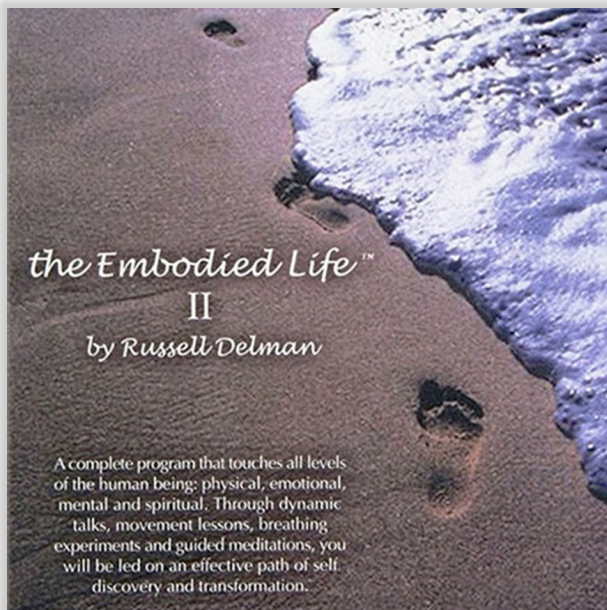




Russell Delman

## The Embodied Life Volume 2

This volume is the culmination of Russell's 30 years of Zen and Feldenkrais practices. This series represents his approach in weaving the two together in The Embodied Life Program. This accessible series are of interest to both the new and experienced students of both the Feldenkrais Method and Meditation. In addition to the movements, concepts and imagery are introduced to encourage the assimilation of the work into everyday life. Both movement and awareness themes basic to the Feldenkrais Method become embodied in these lessons.

### CONTENT

1. Talk: Returning to essence
2. Lesson: Uncovering length and freedom
3. Meditation: Basic instruction
4. Talk: On breathing
5. Lesson: See-saw movements -- freeing the torso for breathing
6. Lesson: Learning from holding your breath
7. Talk: Radical acceptance -- choosing life 'as-it-is'
8. Lesson: Uncovering lightness -- connecting front and back
9. Lesson: Terrestrial gravity and celestial gravity
10. Lesson: Vertical and horizontal human being -- spatial awareness
11. Lesson: Uncovering the center -- tanden #1
12. Talk: Calcutta story: saying 'no' with an open heart
13. Lesson: Moving from center in side-lying -- tanden #2
14. Lesson: Fundamentals of embodiment
15. Meditation: Essential meditation
16. Meditation: Pauses that refresh
17. Meditation: The vast blue sky
18. Meditation: Cultivating the witness
19. Meditation: Opening the heart -- a secondary practice