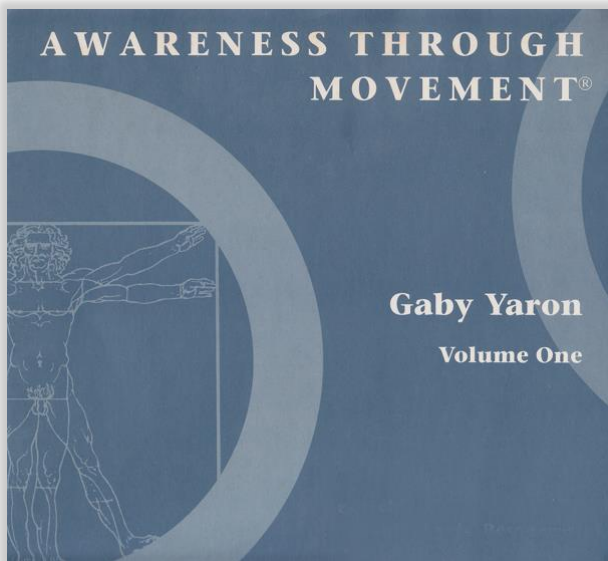




Gaby Yaron

ATM Workshop, Volume 1

1986

A soft and subtle chest is essential to feeling good and moving well. This lessons in this simple and profoundly effective audio program integrate and free the chest to provide greater comfort in moving through your upper spine, ribs and shoulders. Each lesson compliments and builds on the one before, following the same themes through a variety of different positions and learning situations.

Gaby Yaron was one of Moshe Feldenkrais' original Israeli students and a popular and creative teacher. This special Awareness Through Movement workshop was recorded in Berkeley, California. The the entire workshop focuses on improving the flexibility of the chest and back, and is an outstanding example of Ms. Yaron's rich and lively teaching style.

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CONTENT

1. Bending to sides on back
2. Bending to sides while standing
3. Bending to sides while on side
4. Improving arm and shoulder mobility
5. Improving breathing
6. Standing to connect the feet and pelvis
7. On stomach, integrating the pelvis and head
8. Connecting head and pelvis on back and sitting

Archived Resource - 4 x audio cassette tapes