

**Gaby Yaron** 

## Integrating the Chest

Awareness through Movement Public Workshop 2010

## **Integrating the Chest**

Awareness Through Movement® public workshop with Gaby Yaron

## Contents

Disc One: Bending to Sides on Back

Disc Two: Bending to Sides While Standing

Disc Three: Bending to Sides While on Side

Disc Four: Improving Arm and Shoulder Mobility

Disc Five: Breathing

Disc Six: Standing to Connect the Feet and Pelvis

Disc Seven: On Stomach, Integrating the Pelvis and Head

**Disc Seven: Final Integration** 

Feldenkrais® Resources 3680 Sixth Avenue San Diego, CA 92103 619.220.8776 · 800.765.1907

info@feldenkraisresources.com · www.feldenkraisresources.com

Archived Resource - 7 x Audio CD's in case