

Moshe Feldenkrais in Rotterdam 1976



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“When you know yourself, it makes life easier.”

In this 1976 workshop Feldenkrais teaches seven classic lessons, both simple and challenging. Over the course of the workshop he lectures on health, movement, posture, habits, learning and democracy. Moshe interacts with the students to get across his unique approach to improving human function. In addition to experiencing Dr. Feldenkrais' teaching, you will hear how he presented his work to the public, what he emphasized, how he explained what he was doing.

Tape 1

Introductions

Talk: Taking notes and memory

Experiential learning “do first, learn afterwards.”

What is health? “I deal with health, medicine deals with disease.”

Awareness... Here/Now

Primacy of Movement for functions of life. Structure and function.

Exercise for not writing notes.

Tape 2

ATM: Flexion lesson

At 1:16: Awareness Through Movement: Extensor lesson

Tape 3

Extensor Lesson continues

Talk: Importance of movement of eyes

Tape 4

ATM: Sitting, Lean on hands behind, tilt pelvis/ Pelvic clock

Talk: Feeling, Sensing, Moving, Thinking

Tape 5

ATM: continues

Move pelvis around the clock

At 11:00: Talk: What's ideal posture?

Talk: Education and health and medicine.

Question about Alexander Technique

Question about habits

At 1:15 Lesson continues, circles with pelvis.

Tape 6

ATM: Four Points

At 35:00: "Walk around and see what it is." Lesson continues.

Break at 46:20

Talk: what is correct movement?

At 59:00 minutes, 4 points lesson resumes

Tape 7

Talk: Breathing

ATM: See Saw Breathing

Tape 8

ATM: Foot to head, roll to sit

Tape 9

Lesson continues, hold foot move to right....

Talk: Brain function and feelings

At 1:18 ATM Lesson: Prone, moving head side to side

[beginning only, ends at 14 minutes]

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