



Ruthy Alon.

Movement Nature Meant

The Movement Your Body Loves and Understands

1993

This visual demonstration by Ruthy Alon of themes for the Feldenkrais method is an inspiration for reclaiming authentic moving as designed by nature.

Beyond her words of insightful explanation Ruthy's own pristine movements reveal the graceful flow of natural moving. The *Movement Nature Meant* for us is recorded in the functional memory of every human being as a member of the species, although it might be forgotten for the individual.

Through the Feldenkrais Method of Awareness Through Movement you can relearn the profound simplicity of authentic moving and transcend your personal pattern of limitation. Exploring non-habitual options of self-organisation is used to regenerate your original resourcefulness for harmonious coordination.

Matural moving flows with ease, pleasure and playful variety, involving your entire body in effortless efficiency, and enhances the vitality of your bodily intelligence.

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Produced by Ruthy Alon and Richard Russell

Feldenkrais Resources

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25 minutes

Archived Resource - 1 x VHS video cassette. PAL format.