

## Volume 7(1)

Autumn - Winter 1988-89

- Green Light Reflex. / Thomas Hanna
- To Relax Your Face. / Edward Dengrove
- ◇ Ilse Middendorf Interview. / Elizabeth Beringer◇ Somatic Education. / Ninoska Gomez
- Poetry by Marth Elliott
- Somaspects. / Bernard Lake
- History of Flight. / Leonard Pitt
- ♦ Inversions. / Kim Scott
- ♦ Somatic Consequences of Emotional Trauma. / Ralph Strauch
- ♦ Bodily Expression, Part 2. / Moshe Feldenkrais
- ♦ Being in Movement: Intention as a Somatic Meditation. / Paul Linden