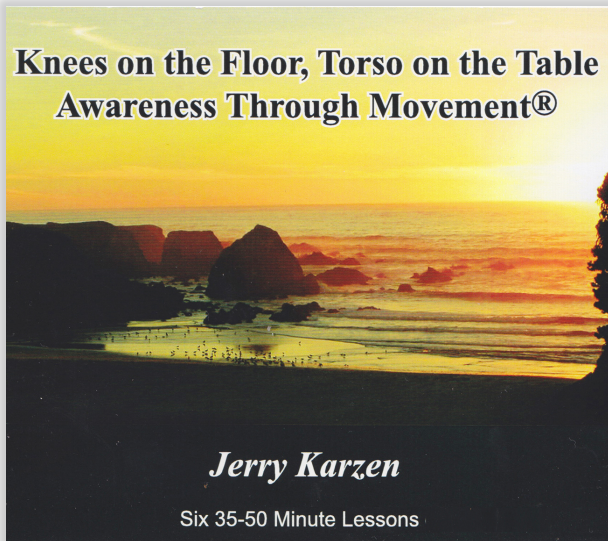




Jerry Karzen

Knees on the Floor, Torso on the Table

Awareness Through Movement

2008

Originally developed by Jerry Karzen to inspire the students in his *Feldenkrais* Professional Training Programs to design their own *Functional Integration* lessons, this six-lesson program is ideal for *Feldenkrais* Practitioners and Trainees, as well as those involved in dance, pilates, yoga, martial arts and athletics.

These *Feldenkrais Awareness Through Movement*® lessons gradually increase flexibility and self organization in your feet, knees, hip joints, spine, ribs and neck. Beginning with basic sequences, the movements increase in complexity, leading you to experience a more complete 'body' integration and sense of self.

All lessons in this series are done over a low table or bed, with knees on the floor and torso on the table. The table needs to be low enough that the natural arch in the lower back is maintained.

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Archived Resources - 5 x Video DVD's in case