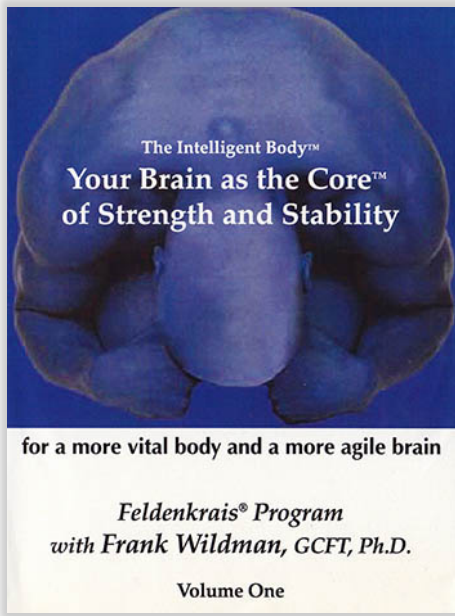




Frank Wildman

Your Brain as the Core of Strength and Stability Volume 1 2007

Whether you participate in strength training, dance, Pilates, yoga or martial arts, or you just want to move with more ease, this series will teach you how to identify, feel and use your core muscles far beyond any movement modality in existence today. This program will serve as a Master Training Class for your brain.

Dr. Frank Wildman

Bridging the fields of biology and the psychology of motion, Dr. Wildman is internationally known as a Feldenkrais® trainer, lecturer and writer. Dr. Wildman's life-long passions in the study of evolution, movement arts and somatic psychology and his exceptional talents as a practitioner, have culminated in a rich and profound body of work. He is former president of the Feldenkrais® Guild of North America and formulated the Standards of Practice, which serve as the defining guidelines for the Feldenkrais® Method internationally.

