

Learn to Learn: A manual to help you get the best results from the Awareness Through Movement lessons

[Moshe Feldenkrais](#)

The Learn to Learn booklet is a wonderful resource for understanding Moshe's approach to doing Awareness Through Movement. It is a perfect addition to any of Awareness Through Movement audio programs or for guidance in how to get the most out of a class. The booklet was originally written to accompany a series of Awareness Through Movement lessons recorded by Dr. Feldenkrais in 1980.

Movement is life.

Without Movement life is
unlivable

Moshe Feldenkrais