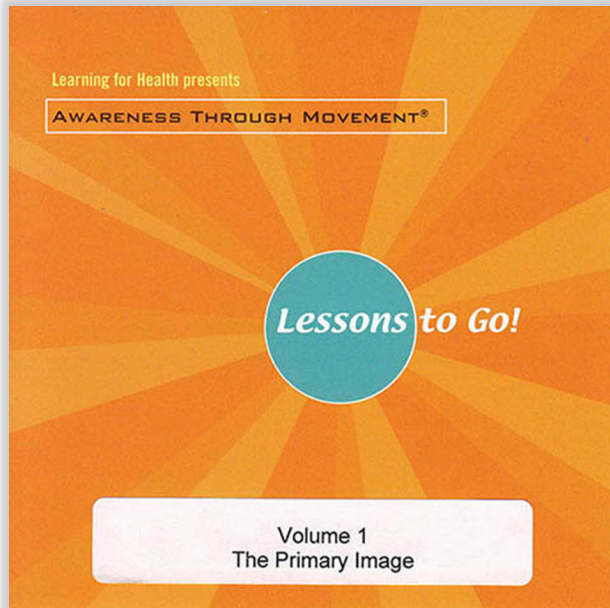


Deborah Bowes & Cliff Smyth

The Primary Image Lessons to Go 2007



These Primary Image lessons explore a concise image of the body that we can use to improve our perception in action. They will leave you feeling longer, wider and more comfortable in your body. Moshe Feldenkrais said, 'we act in accordance with our self image'. These lessons will help you enhance your self image through sensing, imagination and movement. They clarify key points of articulation in the body: the shoulders and the hips, the five cardinal lines and directions of force: the arms, legs and spine - to help you move with less effort and more fluidity. In the process of exploring this image, you will find ways to organize your center - the spine, abdomen and chest - to enhance the movement of your limbs. This series is especially suitable for those with some experience of Feldenkrais, or other movement approaches such as Yoga, Pilates and dance, providing you with new tools for learning.

CONTENT

1. Diagonal pressing and lifting
2. Five directions
3. Lengthening with the hand on the knee
4. Lengthening the legs and the back

Archived Resources - 2 x Audio CD's in case