



Moshe Feldenkrais

Quest Seminar Washington DC 1981

The 1981 Quest series were Moshe Feldenkrais last public workshops, and are an important part of his legacy, representing the apex of his creative output, and the height of his public teaching. These public workshops were sponsored by the Quest organization.

Each Quest workshop contains original ATM lessons which do not exist anywhere else and demonstrate how Feldenkrais' thinking and teaching evolved. The depth and originality of his ATM teaching and the lucidity of his explanations are remarkable, and a significant departure from how he has taught before.

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Archived Resources - 11 x audio cassette tapes

Friday Evening

Lesson #1	92 min.	Side # 1	0-721	44:00
		Side # 2	0-696	44:15
		Side # 3	0-097	4:00

Rest Break

Lesson #2	61 min.	Side # 3	119-722	39:00
		Side # 4	0-397	22:00

Saturday Morning

Some talk & Questions	60 min.	Side # 5	0-725	44:10
		Side # 6	0-306	16:00
Lesson #3	82 min.	Side # 6	323-692	44:10
		Side # 7	0-721	44:00
		Side # 8	0-226	11:10

Saturday Afternoon

Lesson #4	57 min.	Side # 8	244-689	31:50
		Side # 9	0-480	25:25

Rest Break

Lesson #5	58 min.	Side # 9	494-727	17:40
		Side #10	0-645	40:00

Sunday Morning

Lesson #6	63 min.	Side #11	0-728	44:10
		Side #12	0-360	19:00
Rest Break				
Lesson #7	58 min.	Side #12	376-701	24:15
		Side #13	0-600	34:10

Sunday Afternoon

Talking	12 min.	Side #14	0-250	12:25
Lesson #8	60 min.	Side #14	267-691	30:40
		Side #15	0-528	29:00
Rest Break				
Demonstrations	43 min.	Side #16	0-673	42:20

Monday Morning

Talking	31 min.	Side #17	0-555	31:00
Lesson #9	52 min.	Side #17	555-728	13:15
		Side #18	0-639	39:30
Rest Break				
Talking	30 min.	Side #19	0-557	30:00
Lesson #10	14 min.	Side #19	557-727	14:00

Monday Afternoon

Lesson #11	55 min.	Side #20	0-688	44:00
		Side #21	0-246	11:10
Rest Break				
Lesson #12	50 min.	Side #21	265-712	30:25
		Side #22	0-370	20:00