

**MOSHE  
FELDENKRAIS**

**Awareness Through  
Movement® for the  
Elder Citizen**

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Moshe Feldenkrais

## Awareness Through Movement For the Elder Citizen

This series was designed and recorded for the active senior. The lessons employ gentle but effective strategies toward improving balance, coordination, flexibility and overall proprioceptive orientation. They represent Moshe Feldenkrais's warmest and most personable recorded teaching. However, we do not recommend it for people with no prior experience with the Method as Dr. Feldenkrais is not always easy to understand.

Originally published by the Westinghouse Corporation, these lessons are interesting for everyone, but they're especially relevant for people whose movement has been limited by age or other difficulties. We recommend the Relaxercise series first for seniors without prior experience with the Feldenkrais Method and for those who prefer to work in a chair.

Feldenkrais Practitioners will find that these lessons are an outstanding resource for learning new strategies for working functionally with older or physically challenged people.

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Archived Resources - 5 x audio cassette tapes