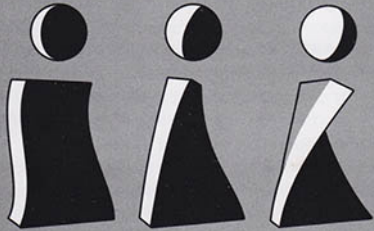


BACK INTO ACTION

AN OWNER'S MANUAL FOR THE HUMAN SPINE



Feldenkrais® lessons to help you move
beyond the habits that interfere with
comfort and coordination

Larry Goldfarb

Back Into Action

An Owner's Manual for the Human Spine

2003

Based on one of the fundamental movements of the spine, each lesson uses unusual movements in unfamiliar positions to guide you to develop efficiency, ease and extent of motion.

6 LESSONS

Each lesson consists of two sections, each between 23 - 25 minutes in length.

- | | |
|-----------|------------------------|
| Lesson 1: | A Comfortable Back |
| Lesson 2: | Turning with Ease |
| Lesson 3: | Shoulder & Hip Circles |
| Lesson 4: | Cat and Camel |
| Lesson 5: | Arching Your Back |
| Lesson 6: | Pelvic Compass |

Archived Resource - 4 x Audio CD's in plastic sleeve