

Learning for Health presents

Discover Easy Movement and Pain Relief

Awareness Through Movement® lessons
by Deborah Bowes, PT



Deborah Bowes

Discover Easy Movement and Pain Relief 2003

This audio program will help you learn how to move easily, and recover from pain or injury. The six easy to understand Feldenkrais Awareness Through Movement lessons emphasize the value of being gentle in how you move and how you feel and think about yourself. You will learn to move your spine safely, and feel how your head and pelvis are connected. You'll find your flexibility improves and you'll feel better with these easy to do mind-body movement lessons.

CONTENT

1. Basic awareness and easy twisting
2. See-saw breathing
3. Discovering habits and connecting parts
4. Easy hips and legs
5. Easy rolling
6. Gentle coordination of your shoulders and hips

Archived Resources - 3 x Audio CD's in case