

Dr. Moshe Feldenkrais at Alexander Yanai

Volume 2, Part 1. Awareness Through Movement lessons 51-75

From the early 1950's to late 1970's, Moshe Feldenkrais taught 8 weekly public Awareness Through Movement classes in Tel Aviv. The street where these classes took place was named after Alexander Yanai, and this collection of lessons have taken on the same name. Moshe recorded his lessons and over a period of 25 years he recorded close to 600 ATM lessons covering an astounding range of possible human functions. He considered every lesson a masterpiece that stands in its own right.

CONTENTS

- 51 Twisting with head fixed
- 52 Head fixed, pelvis fixed while standing on the knees
- 53 Sliding the hands on the outside of the lower leg while lying on the side
- 54 Differentiation of eyes, head, and back in twisting movements
- 55 Folding forward
- 56 Bending the abdomen with leg swings (Catching flies)
- 57 Lifting the head on all fours
- 58 Transferring support while on the stomach
- 59 Lifting the head with the hands
- 60 On the stomach
- 61 Arm circles above the head; on the back with soles of the feet facing
- 62 Drawing a circle with the arm above the head; side-sitting
- 63 Knee hiding the foot
- 64 Tilting the head while lifting the hip
- 65 "Weighing" the head in the circumference; sitting cross-legged and standing on the knees
- 66 Lifting the head with the hands; abdominal muscles while lying on the floor
- 67 Lengthening the leg into pulling movements while rolling
- 68 Rolling the fists
- 69 On stomach; twisting while lifting elbows
- 70 Passing the knee on either side of the elbow
- 71 Preparation for a headstand, part 1
- 72 Preparation for a headstand, part 2
- 73 Twisting the pelvis relative to the shoulders
- 74 Rocking the back with the help of one leg
- 75 Twisting the shoulders relative to the pelvis

The Feldenkrais Method
Awareness Through Movements Lessons

Dr. Moshe Feldenkrais
at
Alexander Yanai
Volume Two, part 1
Lessons 51-75

Translated by Anat Baniel
Edited by Ellen Seaway

© Copyright February 1985
All rights reserved by and to the International Feldenkrais Federation, Paris,
France in cooperation with The Feldenkrais Institute, Tel Aviv, Israel