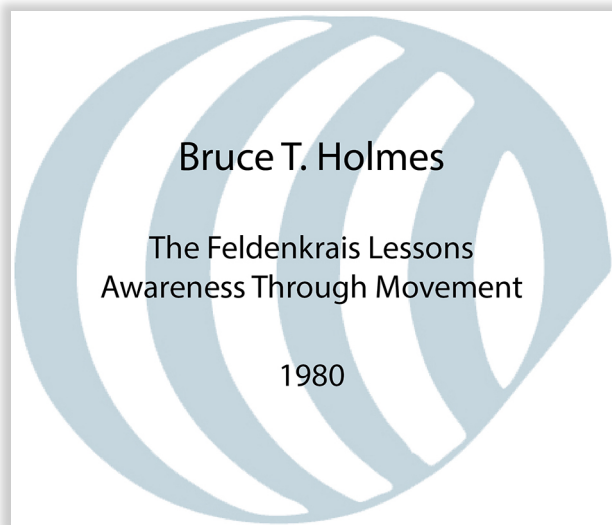




Bruce T. Holmes

The Feldenkrais Lessons

Awareness Through Movement 1980

CONTENT

- 1 Introduction & Standing turning, pelvic clock
- 2 Flexors
- 3 Extensors, Spine like a chain, shoes
- 4 Posture, Oscillating
- 5 Pelvic clock
- 6 Heel circles
- 7 Shoulders and hip circles (audio cassette tape faulty, poor sound quality)
- 8 Knees falling to the side (audio cassette tape in very poor condition, unable to digitise)
- 9 Stomach to sitting, review spine like a chain (audio cassette tape in very poor condition, unable to digitise)
- 10 Lifting hip, hand in heel, head from lower back (audio cassette tape in very poor condition, unable to digitise)
- 11 Connecting feet and hands (audio cassette tape in very poor condition, unable to digitise)
- 12 Lifting arm towards back (audio cassette tape in very poor condition, unable to digitise)
- 13 Lengthening through the spine, sitting to standing (audio cassette tape faulty, poor sound quality)
- 14 Breathing (audio cassette tape in very poor condition, unable to digitise)
- 15 Stretching sides, review pelvic clock (audio cassette tape in very poor condition, unable to digitise)
- 16 Snow angles, baby rolling (audio cassette tape in very poor condition, unable to digitise)
- 17 Sitting turning, feet (audio cassette tape in very poor condition, unable to digitise)
- 18 Stroking legs, review (audio cassette tape in very poor condition, unable to digitise)
- 19 Missing**
- 20 Missing**
- 21 Lifting from the head (audio cassette tape in very poor condition, unable to digitise)
- 22 The Feldenkrais crawl (audio cassette tape in very poor condition, unable to digitise)
- 23 Rotating foot (audio cassette tape in very poor condition, unable to digitise)
- 24 Foot to head, final words (audio cassette tape in very poor condition, unable to digitise)

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Archived Resources - 11 x audio cassette tapes