



Ruthy Alon

## The Drama of Spontaneity

Workshop November, 1986

### **CONTENT**

- 01 Sitting from lying on the stomach
- 02 Shoulder walk
- 03 Dragging the knee
- 04 Eyes shifting focus
- 05 Magic blanket 1A
- 06 Magic blanket 2A

Produced by the Feldenkrais College of Australia

Archived Resources - 6 x audio cassette tapes