

FELDENKRAIS AUSTRALIA

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HABITS:

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- ◇ Goings on
- ◇ Habits... and one really worth investigating
- ◇ Is chronic pain a habit
- ◇ Some other resources for pain
- ◇ Liberation: Becoming aware of habits of thought and action that ensnare us
- ◇ Habits, Moshe & Dunlop
- ◇ ATM: Habitual / Non-habitual
- ◇ Feldenkrais and Yoga
- ◇ Reports | Comments | Trainings | Follow ups