



**ADVANCED SEMINAR
for
FELDENKRAIS TEACHERS**

with

Ruthy Alon

1983 . Berkeley, California

Feldenkrais Resources
P. O. Box 2067
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Advanced Seminar for Feldenkrais Teachers

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CONTENTS

1. Connecting the tongue
2. Connecting the eyes
3. Shoulders, pelvis, eyes, mouth
5. Exploring body parts
6. Middle back
7. Mouth and jaw

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