



MOSHE FELDENKRAIS
On Awareness

Moshe Feldenkrais

On Awareness

In 1971 Moshe Feldenkrais presented a workshop for dance students at New York University School of the Arts. This video is a 63 minute extract from that workshop. Feldenkrais offers what may be the most detailed and thorough explanation we have from him on the subject of awareness -- a subject that that is so central to the Feldenkrais Method. He includes discussion of sleeping/waking states, neuro-anatomy and function, stories about eunuchs, Liszt and Gurdjieff, and a detailed explanation of Pavlov's experiments on conditioned reflexes. A remarkable lecture.

Archived Resource - 1 x Video DVD