

Russell Delman

The Embodied Life I

CONTENT

- 01 Awareness of breath: the golden key
- 02 Giving your weight to the ground
- 03 Releasing holding patterns
- 04 Long free back (coming to your full height)
- 05 Creating options
- 06 360 degree self
- 07 Freeing the pelvis
- 08 Cultivating internal spaciousness
- 09 Choosing comfort
- 10 Decompressing the face (natural facelift)
- 11 Grace and effort
- 12 Seeing, thinking, breathing

Copyright 1993 Russell Delman

Published by Feldenkrais Recordings PO Box 355 Cotati CA 94931

Archived Resources - 6 x audio cassette tapes & 1 x Booklet