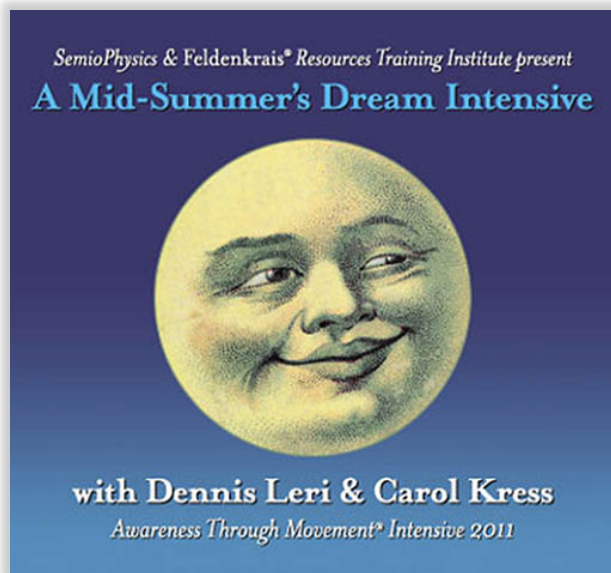




Dennis Leri & Carol Kress

A Misummer's Dream Intensive 2011

Develop a profound feel for the depth and breadth of the practice of self-inquiry known as Awareness Through Movement. Carol and Dennis present a carefully designed series of 20 lessons. Some lessons require slow, small movements while other lessons necessitate large, fast actions. Some elicit positive behavioral change by first re-imagining your ways of acting. In others, you first act differently to bypass and exceed your imagined limitations. Through an embodied understanding of awareness, it is easy and engaging to overcome self-limiting habits of knowing, thinking, sensing and feeling. The lessons are as fun as they are provocative. The lessons are done lying, standing, and sitting.

CONTENT

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|---------------------------------|---------------------------------------|
| 1. DL Foot Movements – 54:32 | 11. DL Long Torso & Long Legs – 45:09 |
| 2. DL Lifting the Back – 39:00 | 12. CK Sitting – Spine Long – 43:24 |
| 3. CK Mid Back Clock – 48:09 | 13. DL 4 Points #3 – 39:05 |
| 4. CK Easing the Neck – 52:56 | 14. DL Legs Over Chest – 47:06 |
| 5. DL 4 Points Intro – 55:32 | 15. CK Legs Threading – 49:19 |
| 6. DL 4 Points #1 – 34:56 | 16. CK Breathing – 37:47 |
| 7. CK Hands Behind – 59:08 | 17. CK Chest Folding – 43:26 |
| 8. CK Lengthening Legs – 38:37 | 18. DL 4 Points #4 – 43:35 |
| 9. CK Unbending the Leg – 55:15 | 19. CK Head & Tail – 39:05 |
| 10. DL 4 Points #2 – 49:29 | 20. DL Hands & Feet – 1:03:06 |

Archived Resource - 20 x MP3 audio files