

Dr. Moshe Feldenkrais at Alexander Yanai

Volume 5, Part 1. Awareness Through Movement lessons 201-225

From the early 1950's to late 1970's, Moshe Feldenkrais taught 8 weekly public Awareness Through Movement classes in Tel Aviv. The street where these classes took place was named after Alexander Yanai, and this collection of lessons have taken on the same name. Moshe recorded his lessons and over a period of 25 years he recorded close to 600 ATM lessons covering an astounding range of possible human functions. He considered every lesson a masterpiece that stands in its own right.

CONTENTS

- 201 Gluing in the lungs, part 1
- 202 Gluing in the lungs, part 2
- 203 Gluing in the lungs, part 3
- 204 [Gluing in the lungs, part 4] Gluing and bending the back
- 205 Sitting and getting up with soft and bending legs
- 206 On the side, getting the spine flexible
- 207 On the side, fast lifting of the head
- 208 Lifting straight legs and circling the arms
- 209 On the side, stepping (with the) left thigh
- 210 On the right side [while lying on the left side]
- 211 The splits
- 212 Basic spreading of the legs
- 213 On the back, pushing the feet down
- 214 On the side, lifting a straight leg sideways
- 215 Supine, on all fours [walking]
- 216 Lifting the hands at the head in a "V"
- 217 On the side, the sternum becoming flexible
- 218 On the side, bending and twisting the chest and spine
- 219 Opposing movements in the head and shoulders, part 1
- 220 Hands behind
- 221 Opposing movements in the head and shoulders, [part 2] while standing on the knees
- 222 On the abdomen, a hand lifting the head
- 223 Rolling from the back to side-sitting
- 224 Legs pushing the pelvis and rocking the back
- 225 Standing on the knees

The Feldenkrais Method
Awareness Through Movement Lessons

Dr. Moshe Feldenkrais
at
Alexander Yanai
Volume Five, Part A
Lesson #201-225

Translated by Anat Baniel
Edited by Dana Scoville

© Copyright December 1997
All rights reserved by and in the name of the publisher of Publications, Paris, France in cooperation
with The Feldenkrais Institute, Tel Aviv, Israel.

© Copyright December 1997
Tous droits d'adaptation, de traduction et de reproduction réservés par et pour l'éditeur
Feldenkrais Publications, 91 rue Mouton de Meflan, 75014 Paris, France