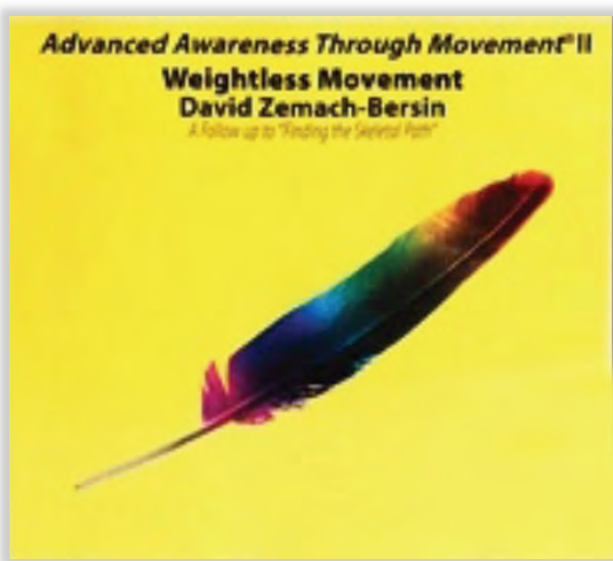




David Zemach-Bersin

Weightless Movement

Advanced Awareness Through Movement II

The five extended ATM lessons in this set are based on advanced ATM's taught by Dr. Feldenkrais in Israel. Weightless Movement is for the experienced student and is often used as a follow-up volume to David Zemach-Bersin's Advanced Training Workshop Finding Your Skeletal Path.

The lessons explore the pathway to "weightless" movement in the any plane of action, and lead directly to improved posture, freedom of the head and neck, and spinal flexibility. Please note that this is an advanced series and we highly recommend that you have extensive experience with Awareness Through Movement.

CONTENT

1. The Head is Light
2. Finding Your Horizon
3. Finding Your Trajectory
4. Running on the Side
5. Rotation of the Entire Self

Archived Resource - 6 x MP3 audio files