



Dennis Leri & Carol Kress

A Mid-Summer's Dream Intensive 2012

“The Highest Point of the Hip Joint” and the “Toes, Sole & Swinging Legs” Series.

The second installment of the *Mid-Summer's Dream Intensive* presents two complementary series of *Awareness Through Movement®* lessons — “The Highest Point of the Hip Joint” Series and the “Toes, Sole & Swinging Legs” Series. The lessons clarify in intriguing and compelling ways the functional dynamics of standing upright and walking. They are direct introductions to Moshe Feldenkrais’ idea of biologically rooted embodied expressions of self and self-imaging. Praised by students in professional *Feldenkrais* trainings as marking a turning point in their understanding of themselves in relation to the *Feldenkrais Method®*, the lessons here are available to a wider audience for the first time. *Feldenkrais* Trainers Dennis Leri and Carol Kress have a combined 57 years of teaching *Awareness Through Movement* to students both in the public and professional training venues.

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| 1. CK Bending the Toes – 58:12 | 12. DL Highest Point of the Hip Joint #5 – 34:30 |
| 2. DL Pelvis High – Circling Head – 40:52 | 13. DL Highest Point of the Hip Joint #6 – 58:10 |
| 3. CK Toes, Feet & Swinging Legs #1 – 44:26 | 14. CK Toes, Feet & Swinging Legs #6 – Holding the Knee – 53:17 |
| 4. DL Highest Point of the Hip Joint #1 – 44:11 | 15. DL Highest Point of the Hip Joint #7 – 55:04 |
| 5. CK Toes, Feet & Swinging Legs #2 – 55:05 | 16. CK Toes, Feet & Swinging Legs #7 – 37:59 |
| 6. DL Highest Point of the Hip Joint #2 – 54:31 | 17. DL Hopping – Easy – 53:22 |
| 7. CK Toes, Feet & Swinging Legs #3 – 49:53 | 18. CK Toes, Feet & Swinging Legs #8 – with Chair – 59:03 |
| 8. DL Highest Point of the Hip Joint #3 – 43:59 | 19. DL Zen Ankles – 43:35 |
| 9. CK Toes, Feet & Swinging Legs #4 – Holding the Knee – 51:04 | 20. CK The Mouth and Head Cavity – 39:06 |
| 10. DL Highest Point of the Hip Joint #4 – 1:01:22 | 21. DL Highest Point of the Hip Joint #8 – 1:04:46 |
| 11. CK Toes, Feet & Swinging Legs #5 – Spreading of the Knees – 46:58 | 22. CK Toes, Feet & Swinging Legs #9 – with Chair – 1:01:36 |

Archived Resource - 22 MP3 audio files