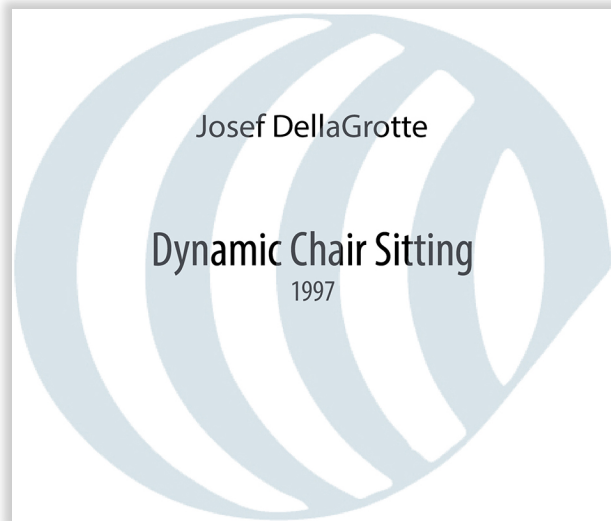




Josef DellaGrotte

Dynamic Chair Sitting

1997

CONTENT

01 Rotation

02 Bending forward

03 Extension

04 Lateral bending

05 Circles and spirals

Lesson-exercises based on the Feldenkrais Method of Awareness Through Movement
Designed and guided by Josef DellaGrotte PhD

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Archived Resource - 1 audio cassette tape