

Mark Reese

Moving Out of Pain

2005

THE *FELDENKRAIS METHOD*[®] Moving Out of Pain

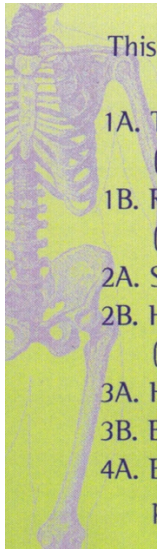
MARK REESE, PH.D.



16 *Awareness Through
Movement*[®] Lessons

© Mark Reese
Published by *FELDENKRAIS*[®] RESOURCES

This program consists of sixteen 30-minute *Awareness Through Movement* lessons:

- 
- A faint, light blue anatomical diagram of a human skeleton is visible in the background of the text area, showing the spine, ribs, and pelvis.
- 1A. Tilting the Legs/ Rolling the Feet
(on back)
 - 1B. Rolling the Head/Bending the Legs
(on back)
 - 2A. Shoulder Circles (on side)
 - 2B. Hip and Shoulder Movements
(on side)
 - 3A. Hip and Shoulder Movements
 - 3B. Basic Flexion (on back)
 - 4A. Breathing Movements (multiple
positions)
 - 4B. Pelvic Clock (on back)
 - 5A. Bending Sideways (on back)
 - 5B. Side Bending (on side)
 - 6A. Diagonal Twist (on side)
 - 6B. Feet Movements (on stomach)
 - 7A. Tilting Legs (on stomach)
 - 7B. Rolling Pelvis and Chest (on back)
 - 8A. Head to Knee (on stomach)
 - 8B. Extension Movements (on stomach)

Archived Resources - 8 x Audio CD's in case