

Dr. Moshe Feldenkrais at Alexander Yanai

Volume 2, Part 2. Awareness Through Movement lessons 76-100

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

076 Slow lifting; on the stomach

077 A clock

078 Standing

079 Preparation for shoulder stand; back and pelvic movement

080 Circles with the hand in sitting

081 Washing the face with the feet

082 A clock in front of the face

083 Clock — the abdominal muscles

084 A clock

085 Bending the right ear to the right shoulder and the left ear to the left shoulder

086 Forward and backward; bending the head — a gestalt

087 Lifting the head and legs while twisting; on the stomach

088 Circling the hands in standing

089 Lengthening the arms

090 Lengthening the arms; sitting cross-legged

091 Getting up from the knees while rolling the head

092 From lying on the back with lower leg on other thigh to sitting with crossed legs

093 Softening the hip joints to side sitting and bringing the knee to one shoulder
and the other shoulder

094 Twisting right and left

095 Turning the nose in a circle (Listening to the right side in a symmetrical movement)

096 Sinking the spine between the shoulder blades

098 Optimal lifting of the knees

098 Zen sitting

099 Lifting the elbows with a loose hand

100 Cardinal head movements

The Feldenkrais Method
Awareness Through Movement Lessons

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at
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Volume Two, part 2
Lessons 76-100

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