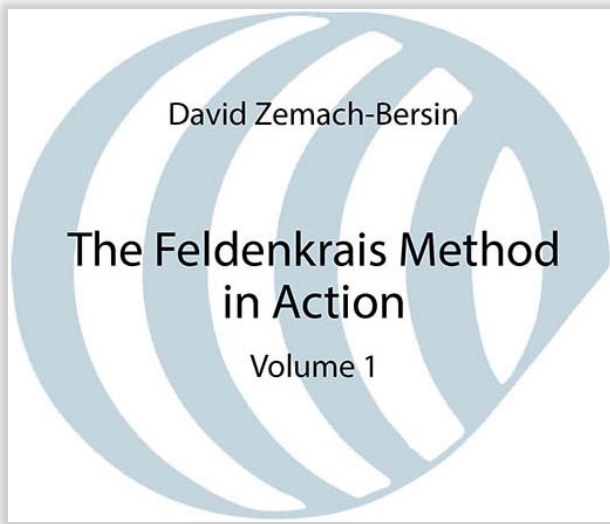




David Zemach-Bersin

The Feldenkrais Method in Action

Volume 1

Feldenkrais lessons with expanded narration and analysis to help you understand Functional Integration as both a methodology and a creative art form. Regarded as one of the finest exponents of Functional Integration in the world, David's approach and style developed during ten years of study with Dr. Moshe Feldenkrais and forty years of dedicated private practice.

Filmed during workshops, advanced trainings, and Feldenkrais Professional Training Programs, the lessons in this series are not demonstrations of technique but rather show full, complex Functional Integration lessons with expanded narration that reveals the mysterious inside art of high-level Functional Integration. As the lessons unfold, David shares his sensory experience and thought process and explains the relevant functional, biological, neurological, anatomical, psychological, and strategic aspects of each lesson. With an inside perspective, you will observe the relationship between sensations, perceptions and actions, and the changes which take place simultaneously in the practitioner, the lesson, and the student.

David Zemach-Bersin first met Dr. Moshe Feldenkrais in 1973 and studied with him for over ten years in the U.S., Europe, and Israel. He also studied extensively with Gaby Yaron and Yochanon Rywerant.

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Archived Resource - 5 x MP4 video files