

EMBODIED LEARNING: Focus on the Knees and Ankles

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VOLUMES 1 & 2



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Embodied Learning: Focus on the knees & ankles

Elizabeth Beringer created this series following her own recovery from a serious knee injury. The lessons are oriented toward improving the functioning of the legs, and address themes critical to the health of knees and ankles, such as:

- improving the flexibility of all the joints in the legs for greater resiliency
- how to reduce chronic tension that interferes with comfortable, healthy movement
- how to distribute effort through the legs in order to reduce strain on particular joints and the improvement of alignment through the joints.

All lessons are basic and gentle – appropriate for those recovering from an injury. No prior experience with the Feldenkrais Method is necessary.

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Volume 1

1. Introduction: Sliding Legs with Ease
2. Sliding Legs with Ease, Part 2
3. A Mobile Pelvis Frees The Ankles
4. Circling The Ankles
5. Finding Stability For Strength
6. Finding Stability for Strength, Part 2
7. Improving Walking While Sitting
8. Moving from head to Foot While Standing

Volume 2

1. Improving the bending of the legs
2. Connecting the legs to the back
3. Straightening the leg on the back
4. Straightening the leg and rolling
5. Sitting clarifying movements of the foot
6. Standing up with ease
7. Sitting on the heels
8. Standing finding and easy alignment

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