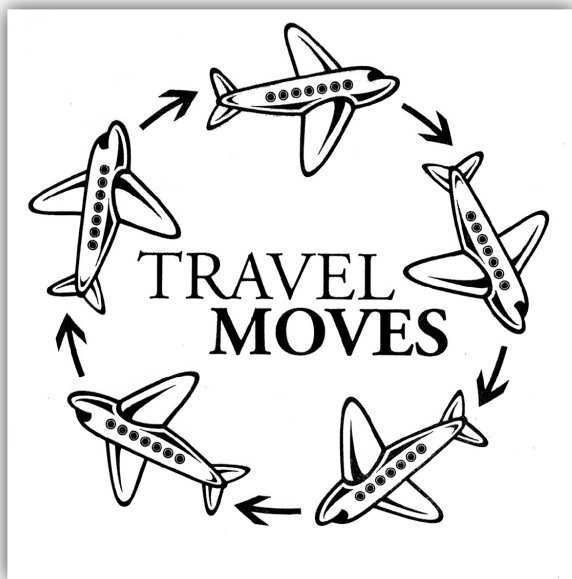




Ralph Hadden

Travel Moves

Movement meditations for long distance travelers, by plane, train, bus, car or arm chair. Use your travel time to learn, improve and refine your movement skills. Arrive relaxed, alert and mobile. An enjoyable and contemplative way to pass the time on big journeys -- or at home in your easy chair -- while improving your posture and promoting well-being.

Sit comfortably and play the tape on your walkman and follow the clear instructions for a step by step fascinating and relaxing exploration of movement.

CONTENT

Tape 1	Side A	Lesson 1. Ankle
	Side B	Lesson 2. Turn head
Tape 2	Side A	Lesson 3. Turn Trunk
	Side B	Lesson 4. Flex
Tape 3	Side A	Lesson 5. Foot, toes
	Side B	Lesson 6. Eyes, & meditation on time

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