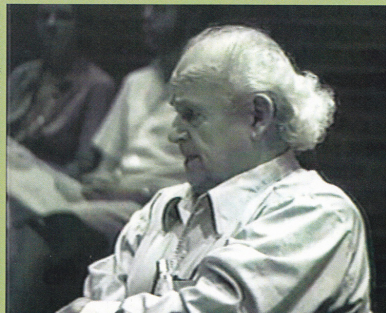


Awareness Through Movement®
South Bend Workshop, 1980



with Dr. Moshe Feldenkrais

Moshe Feldenkrais

South Bend Workshop

1980

The years of 1980 and 1981 were arguably the most creative and generative years in Dr. Moshe Feldenkrais' teaching career. They also mark the final years that he taught workshops open to the public. This 1980 two and a half day weekend workshop, conducted in South Bend, Indiana, finds Feldenkrais in top form. It is wonderful to observe how Feldenkrais weaves together the movement experiments with the inspirational ideas that are at the core of the Feldenkrais Method. The workshop is oriented to the beginning student, yet the lessons are uniquely constructed and will offer new perspectives for more experienced students at all levels. You will find it fascinating to experience how Feldenkrais is able to bring a group with a wide range of abilities and ages to a level where they are able to successfully perform challenging Awareness Through Movement lessons. Throughout the weekend Feldenkrais masterfully interweaves his wide ranging ideas about human potential, learning, psychology, development and the plasticity of the brain, with his movement lessons. The audio quality of this course is very good, and though the video picture is mainly black and white and not up to today's standards, it is still clear and easy to follow. The South Bend workshop is the only public workshop taught by Dr. Feldenkrais currently available on DVD.

CONTENT

- Lecture: Introduction to the Feldenkrais Method: Life is a Process
- ATM: Use of the Self in Turning & Rolling
- Lecture: On Learning, Choice and Health
- ATM: Co-ordinating Flexion & Extension on back
- Lecture: On Omnipotence and Living Your Unavowed Dreams
- ATM: Folding Into Sitting
- ATM: Lateral Bending on Stomach
- ATM: Foot to Head and Rolling to Sitting
- ATM: Full Movement of Shoulder
- Lecture: On the Biology of Posture
- ATM: Using Legs to Sit from Stomach

Archived Resources - 4 x Video DVD's in case