

Gaby Yaron

ATM Chicago Workshop

For Health Professionsals, Performing Artists & Athletes 1990

This workshop was designed for health professionals, performing artists, athletes, and the experienced student. The lessons are a rich source of information for improving flexibility and ease of movement. Gaby Yaron is at her clearest and most creative.

Cpyright 1990 Feldenkrais Resources
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CONTENT

- 1. Reaching Arms Under the Back
- 2. How Your Breathing Influenced Your Arm Movements
- 3. How Your Chest Influenced the Freedom of Your Head, I
- 4. How Your Chest Influenced the Freedom of Your Head, II
- 5. How Your Pelvis Influenced Your Breathing
- 6. How Your Hands Influence Flexibility of Your Back
- 7. Freeing Your Head and Neck
- 8. Improving Your Turning
- 9. Freeing Your Head and Chest

Archived Resource - Packaged set of 5 x audio cassette tapes