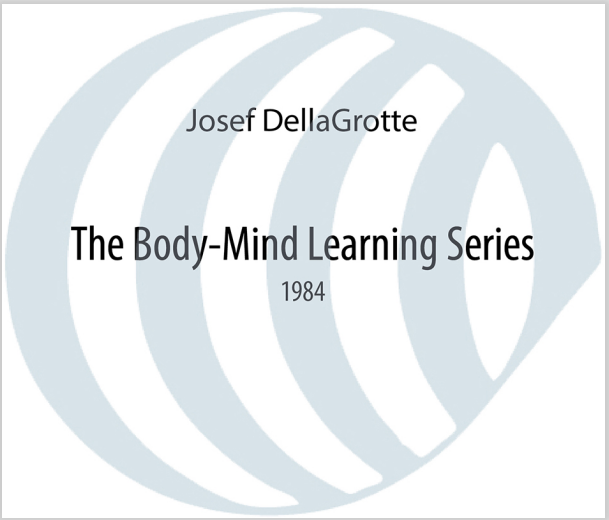




Josef DellaGrotte

The Body-Mind Learning Series

1984

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The Body-Mind Learning Series

Feldenkrais Awareness Through Movement, 1984

Series 1

- 01 Pelvic rock and rotation
- 02 Flexing, bending, and twisting: alternative to sit-ups
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- 04 Opening and closing: rolling from side to side
- 05 Crawling creatures: origins of pelvic power
- 06 Bridging: organization for spinal extension
- 07 Sitting: pelvic support for the spine
- 08 Breathing-energy movement meditation

Series 2

- 01 Shoulders rotating, arms circling
- 02 Increasing breathing potential: release and mobility in your chest
- 03 Slithering spine: release and flexibility for you back
- 04 The pelvic-spine connection: releasing the hamstrings
- 05 Head in rolling motion
- 06 Tilting and opening the pelvis
- 07 The chest hug roll: releasing the ribs

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