

Elizabeth Beringer and David Zemach-Bersin

Introduction to the Feldenkrais Method

Volumes 1 & 2

This set of 12 Awareness Through Movement lessons are specifically designed as an introduction to the basics of the Feldenkrais Method. These intriguing lessons can be enjoyed by both beginners and those with experience, regardless of age or ability. The lessons are 30 to 45 minutes, covering different themes. Overall the lessons will pleasurably take you toward greater ease of movement and feeling of well-being. Explanations of the theory and practice of the Feldenkrais Method are interwoven throughout the series, making it the most accessible introduction available.

Volume 1

1. Introduction & Lengthening the Arms
2. Easier Turning Part 1
3. Easier Turning Part 2
4. A More Comfortable Neck
5. Rolling Like a Baby
6. Easier Sitting part 1
7. Easier Sitting part 2
8. Mobilizing the Centre to Sit

Volume 2

1. Flexible Bending
2. Freeing The Mouth and Jaw
3. Balancing the Tonus of The Back
4. Lengthening The Spine
5. Mobilizing The Trunk
6. Easier Reaching

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