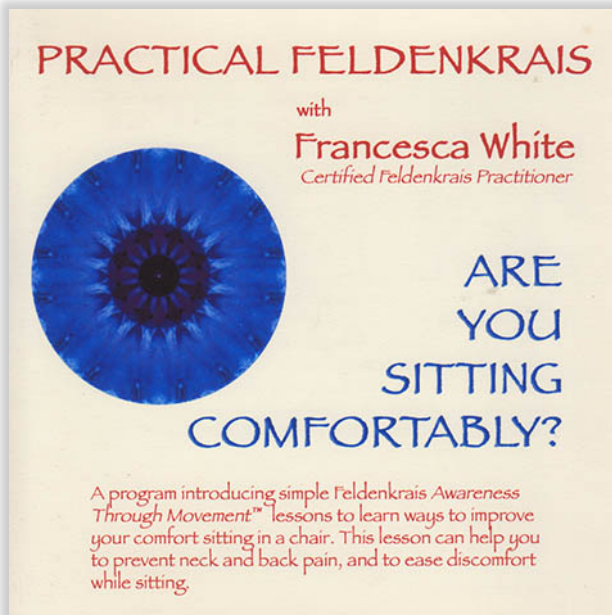


Fran White

## Are You Sitting Comfortably

### Practical Feldenkrais



● Introduction  
How to get the most out of  
these lessons  
track 1 :: 1:32 mins

● Lesson 1  
Sitting Comfortably  
track 2 - 11 :: 26:08 mins

This lesson is done sitting on  
a chair without a swivel base.  
You will explore easier ways to  
survive in our culture of sitting.



● Lesson 2  
Turning While Sitting  
track 12 - 19 :: 14:26 mins

This lesson is also done sitting  
in a chair, looking at safe and  
easy ways to rotate your spine  
from the powerful base of your  
pelvis, rather than over-using  
your neck muscles.



Archived Resource - 1 x Audio CD in case