

Making the Impossible

POSSIBLE

Advanced Awareness Through Movement®



Adventures in the Feldenkrais Method®

David Zemach-Bersin

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Over his lifetime, Dr. Feldenkrais created over a thousand varied and fascinating Awareness Through Movement lessons. Some are extremely dynamic and challenging and rarely taught. Many of the lessons in this set are not to be found in the Alexander Yanai transcripts. Some of them are from special Friday afternoon classes for teachers that Dr. Feldenkrais taught at Alexander Yanai, which David attended. The lessons in this set are complex, rarely taught in public classes, and designed to inspire the discovery of innovative strategies capable of making difficult situations easy and rewarding. It can be profoundly rewarding to navigate difficult situations in Awareness Through Movement, and you may enjoy many physical and psychological benefits.

Due to the complexity of these lessons, we do not recommend them for people who have chronic pain, or who have not done Awareness Through Movement lessons before.

David Zemach-Bersin is one of Dr. Feldenkrais' original American students, and a graduate of Feldenkrais' first U.S. training. He studied with Dr Feldenkrais from 1973-1984 in the U.S., England and during many trips to Tel-Aviv.

Workshop One

01. Introduction to volume 1
02. Lengthening Your Spine from Above and Below
03. Integrated Breath and Movement
04. Using Your Eyes to Free Your Back & Neck
05. Easy Standing on Your Head
06. Balancing Your Head
07. Improving the Mobility of Your Chest
08. Expanding Your Abilities

Workshop Two

09. Introduction to volume 2
10. Mobilizing Your Hip Joints
11. Lecture: Emotions, Development, the Value of Challenge
12. Lecture: Vertical Orientation and Walking
13. Making the Impossible Possible
14. Fully Engaging Your Back
15. Organizing Your Head and Neck Like a Baby
16. Advanced Spine Like a Chain
17. Kill 'em or Cure 'em