

FÖRSÄLJNING AV CD MED INSPELNINGAR AV DR. MOSHE FELDENKRAIS

Awareness Through Movement Basic Series Moshe Feldenkrais (studio inspelning). Dessa band är den engelska versionen av övningarna i den gröna boken Medvetenhet genom rörelse

528 kr exkl moms & porto

The San Francisco Evening Class Volumes I-III Moshe Feldenkrais live 1973

508 kr exkl. moms & porto

Texter från Feldenkrais resources public catalogue www.feldenkraisresources.com

Awareness Through Movement Basic Series Moshe Feldenkrais

This popular audiotape program features many of the lessons included in Dr. Feldenkrais' acclaimed book, Awareness Through Movement. Many people find this audiotape program easier and more enjoyable to use than the book. Dr. Feldenkrais chose these particular exercises for their essential and fundamental nature. This set provides an excellent introduction to his work.

The tape package includes ten 45-minute ATM lessons on five audiotape cassettes, enclosed in an album with a user's guide. The Awareness Through Movement Basic Series exercise titles are:

1. Fundamental Properties of Movement I
2. Fundamental Properties of Movement II
3. Adapt Your Breathing to Your Needs
4. Coordinate Flexors and Extensors
5. Free Your Hip Joints for Agility
6. The Head Fixes the Muscle Tone
7. Perfecting Your Self-Image
8. Nimble Head for Nimble Action
9. Swift Eyes Make a Smart Body
10. Generalize Your Skills

The San Francisco Evening Class Volumes I-III Moshe Feldenkrais

When Moshe Feldenkrais visited San Francisco to conduct his first United States training program, he held a popular Awareness Through Movement class for the general public. Twice weekly, people from diverse backgrounds came to learn a variety of his remarkable exercises. These lively audiotape programs offer you a varied selection of the lessons taught in this class and are an excellent introduction to Feldenkrais' unique teaching style. Each lesson is intriguing and effective and attends to a different basic aspect of human movement. The volumes increase in complexity. Volume 1 is appropriate for any level of experience whereas Volumes II and III should be purchased by those with prior Feldenkrais Method experience.

Each complete tape package includes ten ATM lessons recorded on five or six 100 minute audiotape cassettes enclosed in an album with a user's guide.

The San Francisco Evening Class Volume I titles are:

1. Lower Back Ease
2. Rolling
3. Bending More Easily
4. Arm and Shoulder Comfort
5. New Hip Joints
6. Jelly Pudding Pelvis
7. Hip and Shoulder integration
8. Better Side Bending
9. Improving Mobility of Chest
10. More Flexible Feet

För dig som vill köpa via nätet skick en e-post till info@somatik.se för ytterligare information om betalning mm.