

Dr. Moshe Feldenkrais at Alexander Yanai

Volume 5, Part 2. Awareness Through Movement lessons 226-250

From the early 1950's to late 1970's, Moshe Feldenkrais taught 8 weekly public Awareness Through Movement classes in Tel Aviv. The street where these classes took place was named after Alexander Yanai, and this collection of lessons have taken on the same name. Moshe recorded his lessons and over a period of 25 years he recorded close to 600 ATM lessons covering an astounding range of possible human functions. He considered every lesson a masterpiece that stands in its own right.

CONTENTS

- 226 Placing the hand on top of the head, in sitting
- 227 Swinging bent legs to strengthen K ferm or Lengthening the erecting muscles [The extensors]
- 228 On the knees, place the head on a handkerchief [Laying the head on the floor]
- 229 On the back, diagonals and parallels knee-elbow; Soften ribs and enable vertebral movement and breathing
- 230 Self hug the arms rolling the upper and lower girdle, on the back and abdomen
- 231 Bringing the knee to the face in an arc
- 232 Minimal movements; lying on the side; begin the movements in imagination
- 233 With the legs joined lying on the floor
- 234 Standing backward, part 1
- 235 Standing (Shaking in the heels)
- 236 Rotation on an axis
- 237 Lengthening the arms and legs with examination
- 238 Standing backward, part 2
- 239 Head and shoulders in opposing movements
- 240 Twisting the pelvis with a long arm
- 241 Getting to know the hip joints
- 242 Turning on a side axis
- 243 Walking
- 244 Heels and toes in circles [Heels and feet in circles, part 1]
- 245 Heels and feet in circles
- 246 General coordination
- 247 On the feet and forearm
- 248 Pulling the feet sideways
- 249 Knee pulling the shoulders to sit Indian-style
- 250 Balance with the knees crossed

The Feldenkrais Method
Awareness Through Movement Lessons

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at
Alexander Yanai
Volume Five, Part B
Lessons 226 - 250

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