Inspiring Connections

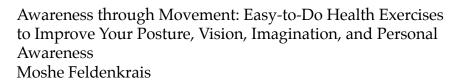
Links and Resources:

Going Further

Books on the Feldenkrais Method

Embodied Wisdom: The Collected Papers of Moshe Feldenkrais Moshe Feldenkrais (Author), Elizabeth Beringer (Editor), David Zemach-Bersin (Foreword)

This comparatively recent collection of Feldenkrais' writings and interviews is an excellent introduction to his work



This is the classic introductory book that Moshe Feldenkrais wrote. Singing with Your Whole Self: The Feldenkrais Method and Voice[Paperback] Samuel H. Nelson (Author), Elizabeth Blades-Zeller (Author)

This book adapts many of the Awareness Through Movement Lessons to be used by voice students and teachers.

The Busy Person's Guide to Easier Movement: 50 Ways to Achieve a Healthy, Happy, Pain-Free and Intelligent Body Frank Wildman (Author)

Frank Wildman's lessons are well selected and clearly explained. A good follow up to your course if you want to



learn more Awareness through Movement lessons.

Related reading The Thinking Body, A study of the balancing Forces of Dynamic Man by Mabel E Todd (Author) Written in the 1930's this book had a significant influence on the development of somatic education.

The Brain that Changes Itself by Norman Doidge (Author) An account about the adaptability of the human brain.

Links

For a fuller biography of Moshe Feldenkrais; http://www.feldenkrais.com/ method/a_biography_of_moshe_feldenkrais/

For descriptions of the method in Moshe Feldenkrias' own words http://feldenkrais-method.org/en/feldenkrais-method

To try some simple and short lessons go to the UK Guild Website for a series of free recordings (free) of short ATMs http://www.feldenkrais.co.uk/awareness/awareness10.html

http://youtube/CNVw4ZISLMs A film showing the story of Elizabeth , a young woman now, who as a child worked with Feldenkrais because she ha cerebral palsy

Books

Body and Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning. London: Routledge and Kegan Paul, 1949; New York: International Universities Press, 1950 (softcover edition, out of print); Tel-Aviv: Alef Ltd., 1966, 1980, 1988 (hardcover edition).

Awareness Through Movement: Health Exercises for Personal Growth. New York/London: Harper & Row 1972, 1977; Toronto: Fitzhenry & Whiteside, 1972, 1977 (hardcover edition, out of print); Harmondsworth, Middlesex, England: Penguin Books, 1972, 1977; San Francisco: Harper Collins, 1990 (softcover edition).

The Case of Nora: Body Awareness as Healing Therapy. New York/London:

Harper & Row, 1977 (out of print).

The Elusive Obvious. Cupertino, California: Meta Publications, 1981.

The Master Moves. Cupertino, California: Meta Publications, 1984, (softcover edition.)

The Potent Self. San Francisco: Harper & Row, 1985. Harper Collins, New York, 1992, (softcover edition.)

50 Lessons by Dr. Feldenkrais. Noah Eshkol. Tel-Aviv, Israel: Alef Publishers, 1980 (written in Movement Notation).