

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

Awareness through Movement: Easy-to-Do Health Exercises to Improve Your Posture, Vision, Imagination, and Personal Awareness

Moshe Feldenkrais

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 Feldenkrais' 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 has 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).