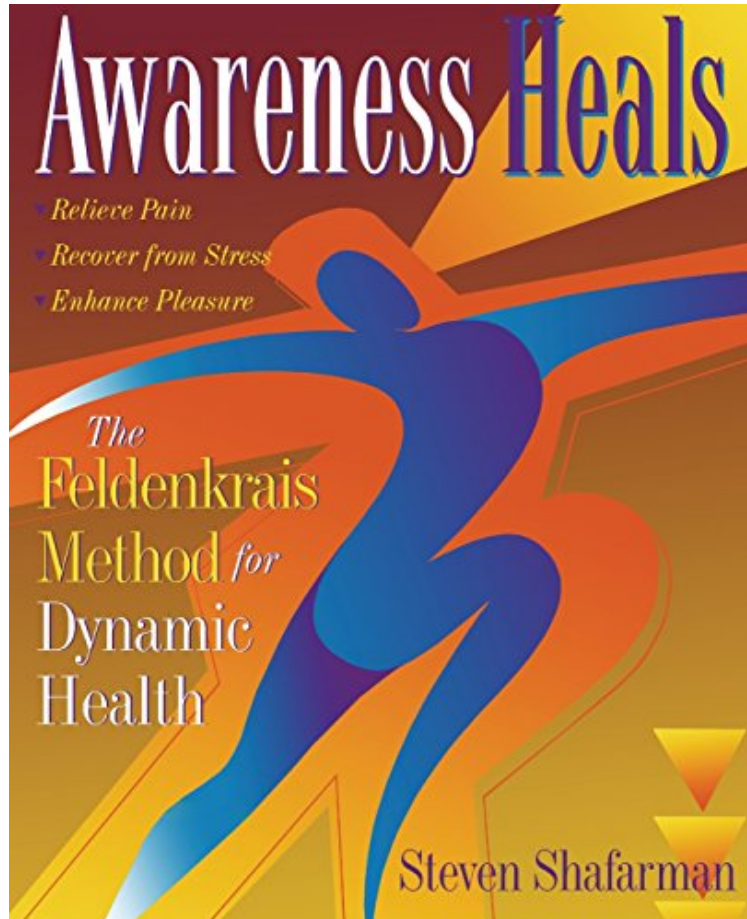


Awareness Heals: The Feldenkrais Method For Dynamic Health

Stephen Shafarman

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Stephen Shafarman : Awareness Heals: The Feldenkrais Method For Dynamic Health before purchasing it in order to gauge whether or not it would be worth my time, and all praised Awareness Heals: The Feldenkrais Method For Dynamic Health:

2 of 2 people found the following review helpful. do your own health careBy Ann Davisthis is the third book on Moshe Feldenkrais' method that i have purchased. This method is very helpful and this book just expands the thoughts and especially the breathing exercises. I am so glad to have found out about it.0 of 0 people found the following review helpful. all good.By brett iversonCame quick,all good.0 of 0 people found the following review helpful. Two StarsBy Donna GemignaniNot enough pictures.

The Feldenkrais Method is a revolutionary approach to health and fitness. Using what Dr. Moshe Feldenkrais called "Awareness Through Movement," people of any age or condition can learn to move more comfortably and effectively. In pleasant yet powerful ways, his method reawakens the natural process by which we as babies learned to crawl, walk, and talk. In the U.S. and Canada more than one thousand guild-certified practitioners teach the

Feldenkrais Method. Awareness Heals is the first book to present the full benefits of the Feldenkrais Method in clear language. It details six basic lessons which help you to become more aware of how you breathe, sit, walk, and otherwise move. By sensing these natural actions, you grow more skillful and supple in all your movements. Through the Feldenkrais Method, you can learn to relieve pain, enhance flexibility, and recover from physical or emotional stress. The gentle movements in Awareness Heals are designed for practice at home and work, and even in your car. They fit into any program of fitness, exercise, or therapy. Most important, Feldenkrais lessons demonstrate that such problems as stiffness and stress do not require outside intervention - the remedy lies within each of us.

.com A year or so ago, a Feldenkrais instructor conducted a seminar for a handful of fitness journalists. The movements we tried were based on the way infants twist to roll themselves over and get around. Within a couple of hours, my flexibility and posture had improved dramatically. Feldenkrais, as Awareness Heals shows, isn't about sets and reps. It's about relaxing muscles, rather than building them, and getting your body to use minimal effort to move. Learning these movements from a book isn't ideal, especially since this book is a bit skimpy on illustrations, but it's a good introduction to the method, and will probably suffice if you can't get to a class and learn the valuable back-saving lessons from an instructor. From the Back Cover The Feldenkrais Method is a revolutionary approach to health and fitness. Using what Dr. Moshe Feldenkrais called "Awareness Through Movement", people of any age or condition can learn to move more comfortably and effectively. In pleasant yet powerful ways, his method reawakens the natural process by which we as babies learned to crawl, walk, and talk. In the U.S. and Canada more than one thousand guild-certified practitioners teach the Feldenkrais Method. Awareness Heals is the first book to present the full benefits of the Feldenkrais Method in clear language. It details six basic lessons which help you to become more aware of how you breathe, sit, walk, and otherwise move. By sensing these natural actions, you grow more skillful and supple in all your movements. Through the Feldenkrais Method, you can learn to relieve pain, enhance flexibility, and recover from physical or emotional stress. The gentle movements in Awareness Heals are designed for practice at home and work, and even in your car. They fit into any program of fitness, exercise, or therapy. Most important, Feldenkrais lessons demonstrate that such problems as stiffness and stress do not require outside intervention - the remedy lies within each of us. About the Author Steven Shafarman studied with Dr. Moshe Feldenkrais between 1976 and 1984, becoming a certified Feldenkrais practitioner and assistant trainer. In 1981, when Dr. Feldenkrais last taught in the U.S., he asked Shafarman to travel with him as assistant and appointments secretary. A former research associate of Dr. Jean Houston, Shafarman has studied a variety of ways to enhance health and human capabilities. He lives in Washington, DC, and teaches and lectures internationally.