5.2 Feldenkrais Methode – Audio & Video: englische Ausgaben
Feldenkrais Method – Audio & Video (English)

Alon, Ruthy

Movement Nature Meant: themes from the Feldenkrais Method of Awareness Through Movements

Ruthy Alon (b. 1930) already met Moshé Feldenkrais in Israel in 1958 and works as Feldenkrais trainer worldwide. She worked next to Mia Segal, Yochanan Rywerant, Anat Daniel, Chava Shelhav, Miriam Pfeffer, Jerry Karzen and the late Bruria Milo and Gaby Yaron as one of the Co-trainers to support Moshé Feldenkrais during his second US training program in Amherst in the early 80s.

Feldenkrais Resources is one of the worldwide largest publishers and distributors of Feldenkrais related Materials. Founded in Berkeley in 1983 by Elisabeth Beringer and David Zemach-Bersin it operates since 2006 from San Diego.

Feldenkrais Resources, Berkeley, CA 1992
30 minute VHS-Tape in case (NTSC format) (out of print)

Alon, Ruthy

The Magic Roller. 3 Kassetten mit Übungen zur Feldenkrais Methode.
Mobiwell Verlag, Friedberg (vergr.)

Alon, Ruthy

The Grammar of Spontaneity (Awareness Through Movement, Volume I)

Lesson 1 - Low Back Lesson 2 - Shoulders Lesson 3 - Neck Lesson 4 - Rolling Side to Side Lesson 5 - Lying to Sitting Lesson 6 - Diagonal Stretch Lesson 7 - Kneeling to Sitting Lesson 8 - Head to Knee Lesson 9 - Rocking Lesson 10 - Rolling Over. Recorded in 1976, originally published on audiocassettes in 1980.

10 Audio CD set
Feldenkrais Resources, Berkeley, CA 2006

Alon, Ruthy

The Grammar of Spontaneity (Awareness Through Movement, Volume II)


7 Audio CD set
Feldenkrais Resources, Berkeley, CA 2006
Alon, Ruthy

**Advanced Seminar for Feldenkrais Teachers (7 extended lessons)**

*Recorded in Dec. 1983 during a one-day workshop.*

4 Audiocassette set  
Feldenkrais Resources, Berkeley, CA 1984 (out of print)

Alon, Ruthy

**Neurological Diplomacy: Advanced Training with Ruthy Alon**

Day One: Lecture: The Difference Between Differentiation and Integration  
FI Demo: Differentiation in FI  
FI Demo: Integration Q&A #1  
FI Demo: Three Variations on a Theme Q&A #2  
Day Two: FI Demo: Engaging Center From the Distal  
FI Demo: Stability vs. Flexibility  
Day Three: FI Demo: Rhythm and Timing in Differentiated Movement  
FI Demo: Lifting the Head Like a Baby Q&A #3  
FI Demo: Personal Supervision and Summary Q&A #4  
FI Demo: Using a Blanket Q&A #5  
Day Four: FI Demo: Working with the Neck  
Closing Talk, recorded at Redondo Beach, CA.

4 DVD set  
Feldenkrais Resources, Berkeley, CA 2000

Alon, Ruthy

**The Sphincters. 1983 Advanced Seminar**

*Recorded at a 1-day workshop in Berkeley, CA.*

6 Audio CD set  
Feldenkrais Resources, San Diego, CA no date

Alon, Ruthy

**Counter Symmetry-Conversing with the Nervous System**

*Advanced training recorded in Berkeley, CA in 1989.*

Audio CD  
Feldenkrais Resources, San Diego, CA no date

Alon, Ruthy

**Bones For Life NY 2007 Program**

*This 24 DVD set includes the full ten-day Bones for Life program taught by Ruthy Alon at the Feldenkrais Institute New York in 2007.*

24 DVD set
Alon, Ruthy
Bones for life: Chairs
This 13 DVD set was created by Ruthy Alon in Greenfield, NH in Oct 2008

Alon, Ruthy
Bones for life: NYC program, 2007
This 24 DVD set was recorded at the Feldenkrais Institute New York in May & Oct. 2007

Alon, Ruthy
Walk for life: A movement Intelligence Program
This 9 DVD set is a walking program taught by Ruthy Alon in Greenfield, NH in Oct 2011.

Alon, Ruthy
Recharging Memory – reversing the Sand Clock
Recorded at the Bones for Life Conference in 2010.

Ashton, Debbie
Fluid Moves I: Feldenkrais on Land and Water
Ashton is Feldenkrais practitioner in Knoxville, Tennessee. Four lessons.
Available on Video, DVD and CD
Knoxville, TN 2000
Ashton, Debbie
Fluid Moves II: Feldenkrais on Land and Water, Feldenkrais for Paddlers
Six lessons developed at the 1996 Olympics for the kayak teams to help recovery from shoulder, elbow, wrist, and low back overuse injuries.
Available on Video (NTSC) and DVD
Knoxville, TN (no year)

Ashton, Debbie
Fluid Moves III: Self-Recovery Movement Techniques for the Shower and Hot Tub
Available on Video (NTSC) and DVD
Knoxville, TN (no year)

Ashton, Debbie
Towel Roller
Six lessons dealing with shoulder and neck problems, spinal misalignment e.a.
DVD
Knoxville, TN (no year)

Ashton, Debbie
Alertness Breaks. Turning Chaotic Energy into Creative Focus
Feldenkrais lessons for Classroom students
CD
Knoxville, TN (no year)

Ashton, Debbie
Ageless Agility. Learn to move like a cat
Ashton is Feldenkrais practitioner in Knoxville, Tennessee. Four lessons.
DVD
Knoxville, TN 2013

Bach-y-Rita, Eileen
Introductory Cassette
Audiocassette
Mill Valley, CA (no year, c. 1987) (out of print)

Bach-y-Rita, Eileen
Eileen Bach-y-Rita studied with Feldenkrais in the late 70s and early 80s and runs a practice in LA. She is also certified Trainer in "Bones for Life", a Feldenkrais - inspired approach developed by Ruthy Alon
A
Feldenkrais at Home: Your Upper Body

3 audiocassettes in case (out of print)

B
Feldenkrais at Home: Your Lower Body
Mill Valley, CA 1987
Movement sessions on three 60-minute cassettes
3 audiocassettes in case (out of print)

C
Feldenkrais at Home: Aligning Your Body
Mill Valley, CA 1987
Movement sessions on three 60-minute cassettes
3 audiocassettes in case (out of print)

D
No A – C were re-issued on CD plus tape Your Neck and Jaw (out of print)

E
Feldenkrais at Home-Aligning Your Body, I, II, III plus Your Neck and Jaw
CD-reissue of the whole set (A-D)

10 Audio CD set
Available also as MP3 download

Baniel, Anat

Anat Baniel worked next to Ruthy Alon, Mia Segal, Yochanan Rywerant, Chava Shelhav, Miriam Pfeffer, Jerry Karzen, Bruria Milo and Gaby Yaron as one of the Assistant-Trainers, supporting Moshé Feldenkrais during his second US training in Amherst in the early 80s. The Anat Banat Method for Children has its origins in the Feldenkrais Method.

Healthy Back, Introductory program
Anat Baniel Method, San Rafael, CA no year
DVD set, six 30-40 movement lessons

Baniel, Anat

Healthy Necks & Shoulder, Introductory program
Anat Baniel Method, San Rafael, CA no year
DVD set, six 30-35 minutes movement lessons
Baniel, Anat

**Healthy Back, Scoliosis & Pain Relief**
Anat Baniel Method, San Rafael, CA no year
DVD set, six 30-35 minutes movement lessons

Baniel, Anat

**Children with special Needs**
Anat Baniel Method, San Rafael, CA no year
DVD set, 10 hours of live recording

Baniel, Anat

**Healthy Back**
Anat Baniel Method, San Rafael, CA no year
Audio CD, six 40-50 minute lessons

Baniel, Anat

**Healthy Neck**
Anat Baniel Method, San Rafael, CA no year
Audio CD, six 30-40 minute lessons

Baniel, Anat

**Healthy Joints**
Anat Baniel Method, San Rafael, CA no year
Audio CD, three 40-50 minute lessons

Baniel, Anat

**Move into Life 2 Day Workshop. The nine Essentials of Lifelong Activity**
Anat Baniel Method, San Rafael, CA no year
DVD

Baniel, Anat

**Breathing, Posture & Pain Relief – a 2 Day Workshop**
Anat Baniel Method, San Rafael, CA no year
4 DVD set, unedited live recording

Baniel, Anat

**18 Children**
*Film features Dr. Feldenkrais and Anat Baniel working with Elizabeth, then a 6 months old baby.*
Anat Baniel Method, San Rafael, CA no year
DVD
Baniel, Anat
Anat Baniel Method for Children: Three Children (Demo)
Anat Baniel Method, San Rafael, CA no year
DVD, 81 Minutes

Beringer, Elizabeth and David Zemach-Bersin
Introduction to the Feldenkrais Method Volume 1

Audio CD
Feldenkrais Resources, Berkeley, CA 1999

Beringer, Elizabeth and David Zemach-Bersin
Introduction to the Feldenkrais Method Volume 2
Audio CD
Feldenkrais Resources, Berkeley, CA 1999

Beringer, Elizabeth
Embodied Learning. Focus on Breathing
1 - Abdominal Breathing 2 - Expanding the Chest 3 - Stopping the Breath 4 - Breathing in Different Positions 5 - Lengthening the Side, Through Your Shoulders 6 - Circling the Arms 7 - Posture and Breath 8 - Integrating the Breath in Sitting

4 Audio CD set
Feldenkrais Resources, San Diego, CA 2009

Beringer, Elizabeth
Embodied Learning. Focus on the Knees & Ankles
The four cassette/disk series progresses through eight half-hour Feldenkrais lessons.

A
4 Audiocassettes in case
Feldenkrais Resources, Berkeley, CA 1999
(out of print)
B

Embodied Learning. Focus on the Knees & Ankles. Vol. 1 & 2
Re-issue, 2 Audio CD set
Feldenkrais Resources, Berkeley, CA 1999

Beringer, Elizabeth

Embodied learning. Focus on the Hips and Low Back
4 Audio CD set
Feldenkrais Resources, Berkeley, CA 1999

Bowes, Deborah

Pelvic Health and Awareness Audio Set. A Feldenkrais Program for Women and Men
The complete CD program includes a 12 page instructional booklet, six educational talks, and six lessons. Deborah Bowes received a Physical Therapy degree from Columbia University in 1975 and became a Feldenkrais Practitioner in 1987. She co-founded the Feldenkrais Center for Movement Education in San Francisco and works as Feldenkrais trainer.
3 Audio CD set with booklet, 2006

Bowes, Deborah

Discover Easy Movement and Pain Relief
Six lessons on three CDs.
3 Audio CD set

Bowes, Deborah & Cliff Smyth

Lessons To Go! Volume 1: The Primary Image
4 ATM lessons, Bowes and Smyth are Feldenkrais teachers from San Francisco
2 Audio CD set, 4 lessons
Brydges, Alice

Unbound! - Gentle Movement Lessons for Breast Cancer Survivors

*This series of twelve 30-45 minute Feldenkrais lessons was designed for and created in collaboration with breast cancer survivors.*

PDF Download only, 12 Feldenkrais Lessons
With 48 page PDF booklet

Casson-Rubin, Julie

Moving with Ease and Grace

3 Audio CD set, 6 lessons
website: www.feldnet.com

Casson-Rubin, Julie

Developing Integrated Action

12 ATM lessons recorded live at the Basel Training.

Audio CD

Corbeil, Richard

Vocal Integration with the Feldenkrais Method

Richard Corbeil is a Guild Certified Feldenkrais Trainer with an extensive background in music performance, education and clinical rehabilitation. He is co-educational director and administrative director of the Seattle Eastside Feldenkrais Professional Training programs.

4 Audio CD set
Self published, 2007

DellaGrotte, Josef

Eight Basic Movements (8 lessons)

*DellaGrotte is a certified Feldenkrais practitioner since 1977, when he trained with Dr. Moshé Feldenkrais. He became a Feldenkrais trainer in 1995.*

Audiocassette
Westminster, MA (no year)
(out of print)
DellaGrotte, Josef

Series I - Beginning Course (8 lessons)
Audiocassette
Westminster, MA (no year)
(out of print)

DellaGrotte, Josef

Series II - Further Progressions (8 lessons)
Audiocassette
Westminster, MA (no year)
(out of print)

DellaGrotte, Josef

Movements to Improve Sitting (2 lessons)
Audiocassette
Westminster, MA (no year)
(out of print)

DellaGrotte, Josef

Movements to Improve Walking (8 lessons)
Audiocassette
Westminster, MA (no year) (out of print)

DellaGrotte, Josef

Movements for Running (2 lessons)
Audiocassette
Westminster, MA (no year) (out of print)

DellaGrotte, Josef

Movements for Swimming (2 lessons)
Audiocassette
Westminster, MA (no year) (out of print)

DellaGrotte, Josef

The Sun Salutation Yoga Exercise — An Awareness Through Movement Approach.
Audiocassette
Westminster, MA (no year) (out of print)

DellaGrotte, Josef

The Feldenkrais Sampler (3 lessons)
Audiocassette
Westminster, MA (no year) (out of print)
DellaGrotte, Josef  
**Total Vision Fitness**  
1 Audio CD, 71 minutes, 5 lessons  
First published on audiocassette © 1996

DellaGrotte, Josef  
**Active Chair Sitting**  
1 Audio CD, 5 lessons, available also on cassette © 1997

DellaGrotte, Josef  
**Back and Spine Strengthening**  
1 Audio CD, 5 lessons, 70 minutes, also on cassette © 1997

DellaGrotte, Josef  
**Psychphysical Somatic Integration Using Breathing**  
1 Audio CD, 4 lessons, 50 minutes, also on cassette

DellaGrotte, Josef  
**Turns, Twists and Spirals**  
*5 Lessons, 74 Minutes*  
1 Audio CD or cassette

DellaGrotte, Josef  
**Improving Shoulder/Arm Functions**  
*5 Lessons, 70 minutes*  
1 Audio CD or cassette

DellaGrotte, Josef & Ernest Loewebstein  
**Improving your Vision Fitness**  
*12 Lessons, 154 minutes*  
3 Audio CDs

DellaGrotte, Josef  
**Walking with Ease and Power**  
1 Audio CD (late 90s) 5 lessons, also on cassette

DellaGrotte, Josef  
**Dynamic Sitting Exercises**  
1 DVD, 60 minutes

DellaGrotte, Josef  
**Core Integration 1**  
1 DVD, 80 minutes
DellaGrotte, Josef

**Core Integration 2 – Gym in your Pocket**
1 DVD, 60 minutes

DellaGrotte, Josef

**Core Integration 3 – Yoga Using Core Pathways**
1 DVD, 80 minutes

DellaGrotte, Josef

**Core Integrated Walking for Health and Fitness**
1 DVD, 80 minutes

DellaGrotte, Josef

**Instructions from within**
e-book, 2007

Delman, Russell

Russel Delman graduates from Moshé’s San Francisco training and became a Feldenkrais trainer in 1984. He taught in more than 40 professional trainings worldwide and directed 10 trainings. In later years he developed his Embodied Life Program, a mixture of Feldenkrais, meditation and Zen.

A
**Embodied Life Volume I: Twelve Somatic Journeys Based on the Feldenkrais Method**
Audiocassette
Feldenkrais Recordings, 1993 (out of print)

B
**The Embodied Life Volume 1: Twelve Somatic Journeys Based on the Feldenkrais Method**
6 Audio CD set, 360 minutes, reprint on CD
Feldenkrais Resources, Berkeley, CA 1993

Delman, Russell

**Embodied Life Volume II: Twelve Somatic Journeys Based on the Feldenkrais Method**
6 Audio CD set
Feldenkrais Resources, Berkeley, CA 2003
Delman, Russell

The Movement of Attention: Exploring the Essence of the Feldenkrais Method

This two-day program is focused on grounding and centering through ATM and FI.

DVD set
Feldenkrais Resources, Berkeley, CA no year

Evans, Jennie

Feldenkrais Mindfulness Stillness

Jennie Evans is a Feldenkrais practitioner and teaches meditation at the Gawler Foundation.

Audio CD, 66 Minutes

Fecteau, Dianne

Sure Steps to Better Balance

This program links Tai Chi, Yoga and Feldenkrais.

2 Audio CD set

Ferguson, Erin

Help I Breathe the wrong A Breathe for Life CD Series

6 Feldenkrais lessons. Erin Ferguson is a certified Feldenkrais Practitioner from Boulder, Colorado.

3 Audio CD set in a Binder or MP3 Download

Ferguson, Erin

A Framework for Learning – restore your movement, restore your life

2 Feldenkrais Lessons

1 Audio CD or MP3 Download

Ferguson, Erin

Creating Effortless Posture: Let Gravity Do the Work

2 Feldenkrais Lessons

2 Audio CD set or MP3 Download

Ferguson, Erin

Wake Up Your Spine. Turning around your Axis

5 Feldenkrais Lessons

3 Audio CD set in a Binder
Ferguson, Erin

*Recovering from Shoulder Injuries. Relief Pain and Stiffness, Regain Ease and Power*

Selfpublished, no date (c. 2012)

2 Audio CD set (MP3)

Fraser, Alan

*The Craft of Piano Playing. A New Approach to Piano Technique*

*Based on his book of the same name, Fraser’s first DVD uses advances in biomechanics to replace both tension and over-relaxation with effective hand activation based on optimal skeletal alignment.*

90 minutes

DVD, 2008

Galardi, Toni

*Feldenkrais Movement Re-education*

50 minutes video VHS NTSC-Video, 1998 (out of print)

Galeota-Wozny, Nancy

*The Motion Potion, Lessons in Movement Learning: The Feldenkrais Method of Somatic Education -- On 4 Audiocassettes*

*8 lessons given in audio format on four cassettes. Nancy Galeota-Wozny, is a dancer, choreographer and a practitioner of the Feldenkrais Method from Houston, Texas.*

Motion Potion, USA 2000

4 audiocassettes in case (out of print)

Ginsburg, Carl

*The Eyes have it: Exploring the Influence of the Eyes in FI and ATM*

*Recorded at a 2-day workshop. Ginsburg is a Feldenkrais trainer, living in Frankfurt, Germany.*

5 DVD set

Feldenkrais Resources, Berkeley, CA no date

Goldfarb, Larry

*Back Into Action: An owner’s manual for the human spine*

*This series of 12 Feldenkrais movement lessons originated as a treatment component for chronic back pain patients in comprehensive orthopedic rehabilitation. Larry Goldfarb is a certified Feldenkrais Trainer. He directed professional trainings in Europe, Australia and the USA and maintains a private practice in Santa Cruz, CA since the mid 80s.*

Audio CD set

Mind in Motion, 2003
Goldfarb, Larry
*A Course of Change. Advanced Training*
7 Audio CD set
Mind in Motion & Feldenkrais Resources, Berkeley, CA 2002

Goldfarb, Larry
*Anatomy Of A Workshop*
15 DVD set in a binder with a data CD (includes workshop manuals and ATM transcriptions)

Goldfarb, Larry
*A Ideas in Action, Volume 1: Improving Walking*
16 DVD set in a binder

B *Ideas in Action, Volume 2: Integrating the Arms*
21 DVD set in a binder with a data CD (includes workshop manuals and ATM transcriptions)

C *Ideas in Action, Volume 3: Improving Balance & Developing Coordination*
19 DVD set in a binder with a data CD (includes workshop manuals and ATM transcriptions)

Goldfarb, Larry
*A The Trilogy, Volume 1: Bridging the Gap*
12 DVD set in a binder with a data CD (including study guide, articles, and SPIFFER notes)
Mind in Motion, 2007

B *The Trilogy, Volume 2: Inside Touch*
10 DVD set in a binder with a data CD (including study guide, articles, and SPIFFER notes)
Mind in Motion, 2008

C *The Trilogy, Volume 3: A Course Of Change*
12 DVD set in a binder with a data CD (including study guide, articles, and SPIFFER notes)
Mind in Motion, 2008

Goldfarb, Larry
*Moving with a Child. A Feldenkrais advanced training. Assisted by Lyn Bullock*

DVD
Mind in Motion, 2011, French version only

Goldfarb, Larry
*Reclaiming Rollers*
10 DVD set
release date Nov. 21, 2013
Gruenke, Jae

**Core Action Collection**

Jae Gruenke (New York) worked as a professional dancer from 1992 to 2003 before starting her Feldenkrais career. As a Feldenkrais practitioner she organizes workshops for runners in the USA, England and Scotland.

MP3 download plus booklet, 2012

Gruenke, Jae

**A Leg To Stand On (Full-Length Version)**

MP3 download 38 minutes. 2012 (out of print)

Hall, David

**The Heavenly Gait: and other earthly pleasures**

Lecture and 8 ATM lessons. David Hall worked as an actor and voice trainer before becoming a Feldenkrais practitioner in 1990 and an assistant trainer in 1997.

8 Audio CD set (2005)
ISBN 0975818201

Hall, David

**The Golden Suit**

7 Audio CD set (2012)
ISBN 9780975818213

Haller, Jeff

**Inside Moves: Carriage of the Head**

12 DVD set
Haller, Jeff

**Inside Moves: Creating the Conditions for Learning**

10 DVD set

Haller, Jeff

**Inside Moves: Discovering Patterns in FI**

8 DVD set

Haller, Jeff

**Inside Moves: Discovering the Roots of Internal Strength**

14 DVD set

Haller, Jeff

**Inside Moves: Learning Self Organization**

21 DVD set

Haller, Jeff

**Inside Moves: Perspectives on Walking**

11 DVD set

Haller, Jeff

**Inside Moves: Using Resistance to Enhance your Clients FI**

5 DVD set
Hanna, Thomas

Thomas Hanna (1928-1990) was a philosopher. In 1976 he created the word "Somatics" to name his approaches to mind/body work and his new magazine, which has a great impact on spreading the new ideas of the Feldenkrais method. After Hanna published his book "The Body of Life" in 1980 the Somatics Society was founded the following year to provide a meeting place for practitioners and others interested in the body/mind field. Somatic Educational Services was founded not long after for the distribution of books, audio- and videotapes related to somatic and is still in business up to this date.

The Myth of Aging: Somatic Exercises to Control Neuromuscular Stress

4 60-min. Audiocassettes or 4 Audio CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas

Somatic Exercises for the Legs and Hip Joints

3 60 min. Audiocassettes or 3 Audio CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas

Somatic Exercises for the Hands, Wrists, Elbows and Shoulders

3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas

Somatic Exercises for the Neck, Jaw and Skull

4 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas

Somatic Exercises for the Lower Back

4 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas

Somatic Exercises for Freeing the Whole Body from Center to Periphery

3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas

Somatic Exercises for Delicate Backs

3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas

Somatic Exercises for Full Breathing

3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)
Hanna, Thomas
Somatic Exercises for Feet, Knees and Pelvis
3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas
Somatic Exercises for Rounded Shoulders and Depressed Chests
3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas
Somatic Exercises for Protruding Bellies
3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)

Hanna, Thomas
Somatic Kinesiology
3 60-min. Audiocassettes or CD set
Somatics Educational Resources, Novato, CA (no year)
(in print)

Hanna, Thomas
The Myth of Aging
Recorded live at the Explorers of Human Kind Conference, Los Angeles 1978. Hanna was next to
Moshé Feldenkrais one of the key speakers with Ida Rolf, Alexander Lowen, Karl Pribram e.a.
90-min Audiocassette
Somatics Educational Resources, Novato, CA (no year)

Heggie, Jack
From Body to Mind: The Feldenkrais Method - NLP Comprehensive International Conference
Jack Heggie was an author and teacher of the Feldenkrais Method. Jack, who died in 2006, was
the author of “Running With The Whole Body” and the audio sets “A Healthy Back In Less Than 20
Minutes A Day”, “Total Body Golf”, “Running with the Whole Body”, and “Total Body Vision”.
Audiocassette
NLP Comprehensive, 1995
(out of print)

Heggie, Jack
Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort
Genesis II Publishing, Inc., 2005
Audio CD of the book
ISBN 1-884605-18-4
Heggie, Jack

**A Healthy Back™: Relief from Neck, Shoulder, and Back Pain—Based on the Work of Dr. Moshé Feldenkrais**

4 lessons, originally issued on audiocassette in 1995, now on CD

Genesis II Publishing Inc, 2005
1 Audio CD, 71 minutes
ISBN 1-884605-22-2

Heggie, Jack

**Total Body Golf™: Seven Steps to a Winning Game—Based on the Work of Dr. Moshé Feldenkrais**

3 Audio CD set
Genesis II Publishing, Inc., 2005
ISBN 1-884605-20-6

Heggie, Jack

**Total Body Vision**

6 Audio CD set, 2001 on cassette, 2005 on CD, 419 minutes
Genesis II Publishing, Inc., 2005

Higgins, Andrea

**Body Knowledge. - An Introduction to the Feldenkrais Method**

3 Feldenkrais mat sessions and 1 seated
2 Audio CD set, ca 2008

Higgins, Andrea

**Kinesthetic Edge for Golfers**

Booklet 23 pages plus 2 CDs
(out of print)

Higgins, Andrea

**IntelliDANCE. A Feldenkrais Solution for Pirouettes**

2 track audio CD as MP3 download, ca 2008

Holmes, Bruce T.

**The Feldenkrais Lessons : Awareness Through Movement**

48 lessons, 2 volumes with a total of 24 audiocassettes, later issued as mp 3download. Bruce Holmes is a Chicago-based practitioner.

A Vol. 1
Haven Corporation, Evanston, IL 1980
12 cassettes in large plastic case (out of print)

B Vol. 2
Haven Corporation, Evanston, IL 1982
12 cassettes in large plastic case (out of print)
48 Lessons, Volumes I and II combined on one mp3 CD

**Hutchinson, Bill**

*Riding Through Winter—Improving Riding Skills Through Enhanced Body Awareness*

*Two sets; six 45-minute lessons per set*

Audiocassette set
Sherborn, MA no year (late 80s/early 90s) (out of print)

**Joly, Yvan**

*The Feldenkrais Method of Somatic Education*

*Recorded at the “Awareness Through Movement in Daily Life, A one-day public workshop”, Taos, New Mexico, March 19, 2000. Yvan Joly is a psychologist and Feldenkrais trainer (since 1995) from Quebec, Canada. Some of his articles can be downloaded from his website [www.yvanjoly.com](http://www.yvanjoly.com)*

Taos, New Mexico, 2000
4 Cassettes in Case (out of print)

**Joly, Yvan**

*Table Manners. Improving the Use of Self in Functional Integration*

The four-day workshop held at the Feldenkrais Resources Training Institute in Berkeley

7 DVD set
Feldenkrais Resources, San Diego, CA no year

**Karzen, Jerry**

*Knees on Floor, Torso on the Table*

*These six 35-50 minutes ATM lessons were originally developed by Jerry Karzen to inspire the students in his Feldenkrais Professional Training Programs to design their own Functional Integration lessons. Jerry Karzen studied with Moshé Feldenkrais in Tel-Aviv from 1976-1983 and worked as his secretary. Dr. Feldenkrais chose him to be a trainer in 1982 along with Mia Segal, Yochanan Rywerant, Ruthy Alon, Chava Shelhav, Miriam Pfeffer, Anat Baniel, Jerry Karzen and the late Bruria Milo and Gaby Yaron. More than 90% of all existing videos of Moshé Feldenkrais FI-lessons were filmed by Karzen, who also assisted in editing Moshé’s latest books “The Elusive Obvious” and “The Potent Self”.*

5 Audio CD set
Kern, Paris

**Riding With The Whole Self. The Feldenkaris method for Equestrians**

An ATM lesson specifically focused on the needs of the rider. Paris Kern is a Feldenkrais practitioner from Baltimore, Maryland. She has been working with riders using the Feldenkrais Method since 1992.

Audio CD

Kissam, Bonnie

**The Effortless Swing**

Four movement awareness lessons for golfers, Bonnie Kissam is a Feldenkrais practitioner from Florida.

2 Audio CD set, BKissam productions, Sarasota, FL 2011
Website: www.effortlessswing.com

Kolman, Shannon and Cheryl Townsley

**Tapping Into Your Natural Ability to Function. Feldenkrais Awareness Through Movement Lessons**

5 Audio CD Set
(out of print)

Kovich, Zoran

**Your Move**

Each CD with a specific topic: Are you breathing? How does rocking the pelvis relate to the back and neck? How does titling the legs relate to the hips, back and chest? How do you lift your head? What's the effect of eye movement. Zoran Kovich has a Feldenkrais method practice in Sydney.

5 Audio CD Set plus handbook

Lafferty, Carrie

**The Walking Way. Stepping into Awareness. A Series of ATM lessons and Qi Gong Meditation**

The series of six sessions includes a 30-45 minute ATM walking lesson and a separate yet connected 10-12 minute Five Element Qi Gong meditation at the end. Carrie Lafferty is a Physical Therapist, a Master Qi Gong Teacher and a Guild Certified Feldenkrais Practitioner. She graduated in 1985 as a PT and in 1994 as a Feldenkrais Practitioner.

6 Audio CD set

Leri, Dennis

Dennis Leri graduated from Moshé’s training in San Francisco (1975-1977) and works as a Feldenkrais trainer. He published various articles on the Feldenkrais method.

**The Archimedean Lever**

2 DVD set
Feldenkrais Resources, San Diego, CA no year
Leri, Dennis & Carol Kress

**A Mid-Summer’s Dream Intensive. The Stunning Sequel Part 1**

Recorded during a Five Day workshop in Berkeley in 2011

2 MP3 CDs 20 Feldenkrais Lessons  
Feldenkrais Resources, San Diego, CA no date (2012)

Leri, Dennis & Carol Kress

**A Mid-Summer’s Dream Intensive. The Stunning Sequel Part 2**

Recorded in 2012

2 MP3 CDs 22 Feldenkrais Lessons  
Feldenkrais Resources, San Diego, CA no date (2013)

Levenson, Miriam

**Effortless gardening**


1 DVD (22 Min) plus 2 Audio CDs (133 Min.)  
Also available as download, 2012

Levi, Shet

**A Story through the Feldenkrais Method (or the Members of Group 13)**

A documentary on Moshé’s famous training in Israel in the late 60s.

DVD  
Israel 2003

Lieb, Kathi

**Moving Beyond Trauma**

1 Audio CD, 71 minutes,  
© 2003
Martin, Rae

This Feldenkrais-inspired course is for adult beginning swimmers. Rae Martin is a long-time swimming instructor and Feldenkrais practitioner. Also available as spanish edition (Aprender a Nadar)

Learn To Swim. An Introduction to Swimming

McIntyre, Margaret

Integrated Skiing (Dynamic Skiing for Life, The Feldenkrais Method)

Australian-born Margaret McIntyre works as ski instructor, physical therapist, and Feldenkrais Teacher. She now lives on Maui, Hawaii.

3 Audio CD set
Publisher: Integrated Movement, 1992

McIntyre, Margaret

Integrated Snowboarding

Margaret McIntyre developed this audio series with former National and Amateur Snowboarding Champion Brian Delaney. These lessons combine Feldenkrais with snowboarding-specific movement patterns.

Audio CD
Integrated Movement, 1995
Movement Educators (Ed. = Diana & Efrin Razumney)

Diana Razumney met Moshé Feldenkrais in 1977 and later started her Feldenkrais education. With her husband Efrem as administrative director she’s now educational director for the professional Feldenkrais trainings set up by Movement educators in Santa Fee, Rocky Mountains.

Feldenkrais for Life Movement Series

A
FFL#1 - Shoulder and Back Rehab... The Feldenkrais Way...
Taught by Assistant Trainer Candy Canino at a public weekend workshop.
1 Audio CD

B
FFL#2 - Elegant Flexibility: Spiral Action in Dance and Life...
Taught by Assistant Trainer Prisca Winslow Brdaley at a public weekend workshop.
1 Audio CD

C
FFL#3 - Power & Grace - Living From Your Center
Taught by Assistant Trainer Kathy James at a public weekend workshop.
1 Audio CD

D
FFL#4 - Walking and Running the Easy Way
Taught by Assistant Trainer Sharon Moyano at a public weekend workshop.
1 Audio CD

E
FFL#5 - Unlocking the Magic of Body Language
Taught by Lavinia Plonka at a public weekend workshop.
1 Audio CD

F
FFL#6 - Whole Body Sports
Taught by Assistant Trainer Gil Kelly at a public weekend workshop.
1 Audio CD

G
FFL#7 - Creating Awareness - Realizing Its Value
Taught by Trainer Diana Razumney at a public weekend workshop.
1 Audio CD

H
FFL#8 - Core Strength by accessing Core of Being
Taught by Trainer Diana Razumney at a public weekend workshop.
1 Audio CD

I
FFL#9 - Effective Use of Self the Feldenkrais® Way
Taught by Trainer Diana Razumney at a public weekend workshop.
1 Audio CD

- 164 -
J
FFL#10 - Power of the Pelvis
Taught by Trainer Diana Razumny at a public weekend workshop.
1 Audio CD

K
FFL#11 - Take the Weight Off Your Shoulders
Taught by Trainer Diana Razumny at a public weekend workshop.
1 Audio CD

L
FFL#12/13 - Hands & Feet
Taught by Trainer Diana Razumny at a public weekend workshop.
1 Audio CD

M
FFL#14 - Listen To Your Body
Taught by Trainer Diana Razumny at a public 1-day workshop.
5 DVD set

Movement Educators (Ed.: = Diana & Efrin Razumney)

North Carolina Training Materials Educational Director Dennis Leri, Assistant Trainer Diana Razumny

A
North Carolina Segment 1 (Year 1, Feb 18 - 28, 2003, Trainer Dennis Leri)
Spiral bound transcript, 22 pages plus 2 CDs

B
North Carolina Segment 2 (Year 1, May 19 - June 6, Trainer Dennis Leri & Yvan Joly)
Spiral bound transcript, 12 pages plus 2 CDs

C
North Carolina Makeup 1 (Year 1, October 27 - 31, 2003, Trainer Diana Razumney)
Bound transcript, plus 2 CDs

D
North Carolina Segment 3 (Year 1, Nov 3 - 21, 2003, Trainer Dennis Leri & Yvan Joly)
Spiral bound transcript, 28 pages plus 2 CDs

E
North Carolina Makeup 2 (Year 1, Feb 16 - 20, 2004, Trainer Diana Razumney)
Bound transcript, 5 pages plus 2 CDs

F
North Carolina Segment 4 (Year 2, 23 Feb - March 4, 2004, Trainer Dennis Leri)
Spiral bound transcript, 21 pages plus 2 CDs

G
North Carolina Segment 5 (Year 2, May 24 - June 11, 2004, Trainer Dennis Leri & Mary Spire)
Spiral bound transcript, 26 pages plus 2 CDs
North Carolina Segment 6 (Year 2, Nov 1 - 19, 2004, Trainer Dennis Leri)
Spiral bound transcript, 24 pages plus 2 CDs

North Carolina Segment 7 (Year 3, Feb 28 - March 11, 2005, Trainer Donna Blank)
Spiral bound transcript, 13 pages plus 2 CDs

North Carolina Segment 8 (Year 3, May 23 - June 10, 2005, Trainer Dennis Leri & Yvan Joly)
Spiral bound transcript, 21 pages plus 2 CDs

North Carolina Segment 9 (Year 3, Oct 31 - Nov 18, 2005, Trainer Dennis Leri)
Spiral bound transcript, 19 pages plus 2 CDs

North Carolina Segment 10 (Year 4, Feb 27 - March 10, 2006, Trainer Donna Blank)
Spiral bound transcript, 15 pages plus 2 CDs

North Carolina Segment 11 (Year 4, May 22 - June 9, 2006, Trainer Dennis Leri & Elizabeth Beringer)
Spiral bound transcript, 26 pages plus 2 CDs

North Carolina Segment 12 (Year 4, Oct 16 - Nov 3, 2006, Trainer Dennis Leri)
Spiral bound transcript, 18 pages plus 2 CDs

Movement Educators (Ed.; = Dianne & Efrin Razumney)
Santa Fe 3 Training Materials Educational Director Yvan Joly, Assistant Trainer Diana Razumney

Santa Fe 3 Segment 1 (Year 1, April 19 - May 14, 2004, Trainer Yvan Joly & Katrin Smithback)
Spiral bound transcript, 32 pages plus 4 CDs

Santa Fe 3 Segment 1 (Year 1, April 19 - May 14, 2004, Trainer Yvan Joly & Katrin Smithback)
4 DVD set

Santa Fe 3 Segment 2 (Year 1, Sept 20 - Oct 15, 2004, Trainer Alan Questel & Yvan Joly)
Spiral bound transcript, 39 pages plus 4 CDs

Santa Fe 3 Segment 2 (Year 1, Sept 20 - Oct 15, 2004, Trainer Alan Questel & Yvan Joly)
4 DVD set

Santa Fe 3 Makeup 1 (Year 1, Jan 10 - 21, 2005, Trainer Diana Razumney)
Bound transcript, 10 pages plus CD

Santa Fe 3 Segment 3 (Year 2, April 18 - May 13, 2004, Trainer Yvan Joly & Katrin Smithback)
Spiral bound transcript, 29 pages plus 4 CDs
G  
Santa Fe 3 Segment 3 (Year 2, April 18 - May 13, 2004, Trainer Yvan Joly & Katrin Smithback)
4 DVD set

H  
Santa Fe 3 Segment 4 (Year 2, Sept 19 - Oct 14, 2005, Trainer Carl Ginsburg & Yvan Joly)
Spiral bound transcript, 28 pages plus 4 CDs

I  
Santa Fe 3 Segment 4 (Year 2, Sept 19 - Oct 14, 2005, Trainer Carl Ginsburg & Yvan Joly)
4 DVD set

J  
Santa Fe 3 Makeup 2 (Jan 6 - 10, 2006, Trainer Diana Razumney)
Bound transcript, 5 pages plus CD

K  
Santa Fe 3 Segment 5 (Year 3, April 3 - 28, 2006, Trainer Alan Questel & Yvan Joly)
Spiral bound transcript, 27 pages plus 4 CDs

L  
Santa Fe 3 Segment 5 (Year 3, April 3 - 28, 2006, Trainer Alan Questel & Yvan Joly)
4 DVD set

M  
Santa Fe 3 Segment 6 (Year 3, Sep 11 - Oct 6, 2006, Trainer Dennis Leri & Yvan Joly)
Spiral bound transcript, 30 pages plus 4 CDs

N  
Santa Fe 3 Segment 6 (Year 3, Sep 11 - Oct 6, 2006, Trainer Dennis Leri & Yvan Joly)
4 DVD set

O  
Santa Fe 3 Makeup 3 (Year 3, Jan 5 - 8, 2007, Trainer Diana Razumney)
Bound transcript, 5 pages plus CD

P  
Santa Fe 3 Segment 7 (Year 4, April 2 - 27, 2007, Trainer Diana Razumney & Yvan Joly)
Spiral bound transcript, 22 pages plus 4 CD set

Q  
Santa Fe 3 Segment 7 (Year 4, April 2 - 27, 2007, Trainer Diana Razumney & Yvan Joly)
4 DVD set

R  
Santa Fe 3 Segment 8 (Year 4, Sep 10 – Oct 5, 2007, Trainer Alan Questel & Yvan Joly)
Spiral bound transcript, 19 pages plus 4 CDs

S  
Santa Fe 3 Segment 8 (Year 4, Sep 10 – Oct 5, 2007, Trainer Alan Questel & Yvan Joly)
4 DVD set
Movement Educators (Ed.; = Dianne & Efrin Razumney)

Rocky Mountain 1 Training Materials Educational Director Dennis Leri, Assistant Trainer Diana Razumny

A
Rocky Mtn 1 Segment 1 (Year 1, Feb 6 – 17, 2006, Trainer Dennis Leri)
Spiral bound transcript, plus 2 CDs plus 1 DVD

B
Rocky Mtn 1 Segment 2 (Year 1, May 8 – 19, 2006, Trainer Katrin Smithback)
Spiral bound transcript, plus 2 CDs plus 2 DVD set

C
Rocky Mtn 1 Segment 3 (Year 1, Aug 14 – 25, 2006, Trainer Dennis Leri)
Spiral bound transcript, plus 2 CDs plus 2 DVD set

D
Rocky Mtn 1 Makeup 1 (Year 1, Nov 1 – 5, 2006, Trainer Diana Razumney)
Bound synopsis, 28 pages plus CD

E
Rocky Mtn 1 Segment 4 (Year 1, Nov 8 – 19 2006, Trainer Yvan Joly)
Spiral bound transcript, plus 2 CDs plus 4 DVD set

F
Rocky Mtn 1 Makeup 2 (Year 1, Feb 5 - 9, 2007, Trainer Diana Razumney)
Bound transcript, plus CD

G
Rocky Mtn 1 Segment 5 (Year 2, Feb 12 – 23, 2007, Trainer Dennis Leri)
Spiral bound transcript, plus 2 CDs plus 2 DVD set

H
Rocky Mtn 1 Segment 6 (Year 2, May 14 – 25, 2007, Trainer Donna Blanki)
Spiral bound transcript, plus 2 CDs plus 2 DVD set

I
Rocky Mtn 1 Segment 7 (Year 2, Aug 13 -24, 2007, Trainer Alan Questel)
Spiral bound transcript, plus 2 CDs plus 2 DVD set

J
Rocky Mtn 1 Segment 8 (Year 2, Nov 5 - 16, 2007, Trainer Dennis Leri)
Spiral bound transcript, plus 2 CDs plus 2 DVD set

K
Rocky Mtn 1 Segment 9 (Year 3, Feb 11 - 22, 2008, Trainer Dennis Leri & Diana Razumney)
Spiral bound transcript, plus 2 CDs plus 4 DVD set

L
Rocky Mtn 1 Segment 10 (Year 3, May 12 - 23, 2008, Trainer Alan Questel & Diana Razumney)
Spiral bound transcript, plus 2 CDs plus 10 DVD set
M
Rocky Mtn 1 Segment 11 (Year 3, Aug 11 - 22, 2008, Trainer Dennis Leri & Diana Razumney)
Spiral bound transcript, plus 2 CDs plus 10 DVD set

N
Rocky Mtn 1 Segment 12 (Year 3, Nov 10 - 21, 2008, Trainer Yvan Joly & Diana Razumney)
Spiral bound transcript, plus 2 CDs plus 10 DVD set

O
Rocky Mtn 1 Segment 13 (Year 4, Febr 9 - 20, 2009, Trainer Diana Razumney)
Spiral bound transcript, plus 2 CDs plus 10 DVD set

P
Rocky Mtn 1 Segment 14 (Year 4, May 11 – 22, 2009, Trainer Dennis Leri)
Spiral bound transcript, plus 2 CDs plus 10 DVD set

Q
Rocky Mtn 1 Segment 15 (Year 4, Aug 10 - 21, 2009, Trainer Diana Razumney)
Spiral bound transcript, plus 2 CDs plus 10 DVD set

R
Rocky Mtn 1 Segment 16 (Year 4, Nov 9 - 20, 2009, Trainer Dennis Leri)
Spiral bound transcript, plus 2 CDs plus 10 DVD set

Movement Educators (Ed.; = Diana & Efrin Razumney)
Santa Fe 4 Training Materials Educational Director Diana Razumney

A
Santa Fe 4 Segment 1 (Year 1, May 30 – June 11, 2008, Trainer Alan Questel & Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

B
Santa Fe 4 Segment 2 (Year 1, Sep 1 - 12, 2008, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

C
Santa Fe 4 Segment 3 (Year 1, Dec 1 - 12, 2008, Trainer Alan Questel & Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

D
Santa Fe 4 Segment 4 (Year 1, March 2 - 13, 2009, Trainer Elizabeth Beringer & Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

E
Santa Fe 4 Segment 5 (Year 2, June 1 - 12, 2009; Trainer Alan Questel)
Bound transcript, plus 10 DVD set plus 2 CDs

F
Santa Fe 4 Makeup 1 (Year 1, June 15 – 19, 2009, Trainer Yvan Joly & Katrin Smithback)
Bound synopsis, plus 5 DVD set
G  
Santa Fe 4 Segment 6 (Year 2, Aug 31 – Sep 11, 2009, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

H  
Santa Fe 4 Segment 7 (Year 2, Nov 30 – Dec 11, 2009, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

I  
Santa Fe 4 Segment 8 (Year 2, Feb 27 – Mar 10, 2010, Trainer Diana Razumney & Katrin Smithback)
Bound synopsis, plus 10 DVD set plus 2 CDs

J  
Santa Fe 4 Segment 9 (Year 3, May 31 – June 11, 2010, Trainer Yvan Joly)
Bound synopsis, plus 10 DVD set plus 2 CDs

Movement Educators (Ed.; = Dianne & Efrin Razumney)
Rocky Mountain 2 Training Materials Educational Director Diana Razumny

A  
Rocky Mtn 2 Segment 1 (Year 1, May 10 - 21, 2010, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

B  
Rocky Mtn 2 Segment 2 (Year 1, Aug 9 - 20, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

C  
Rocky Mtn 2 Segment 3 (Year 1, Nov 8 – 19, 2010, Trainer Yvan Joly)
Bound synopsis, plus 10 DVD set plus 2 CDs

D  
Rocky Mtn 2 Segment 4 (Year 2, Feb 7 – 18, 2011, Trainer Diana Razumney & Katrin Smithback)
Bound synopsis, plus 10 DVD set plus 2 CDs

F  
Rocky Mtn 2 Segment 5 (Year 2, May 9 - 20, 2011, Trainer Diana Razumney & Katrin Smithback)
Bound synopsis, plus 10 DVD set plus 2 CDs

G  
Rocky Mtn 2 Segment 6 (Year 2, Aug 8 - 19, 2011, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

H  
Rocky Mtn 2 Segment 7 (Year 2, Nov 7 - 18, 2011, Trainer Alan Questel)
Bound synopsis, plus 10 DVD set plus 2 CDs

I  
Rocky Mtn 2 Segment 8 (Year 2, Feb 6 - 17, 2012, Trainer Katrin Smithback & Elizabeth Beringer)
Bound synopsis, plus 10 DVD set plus 2 CDs
J  Rocky Mtn 2 Segment 9 (Year 3, May 17 - 28, 2012, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

K  Rocky Mtn 2 Segment 10 (Year 3, Aug 13 - 24, 2012, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

L  Rocky Mtn 2 Segment 11 (Year 3, Nov 5 - 16, 2012, Trainer Diana Razumney & Katrin Smithback)
Bound synopsis, plus 10 DVD set plus 2 CDs

M  Rocky Mtn 2 Segment 12 (Year 3, Feb 4 - 16, 2012, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

N  Rocky Mtn 2 Segment 13 (Year 4, May 6 - 17, 2013, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

O  Rocky Mtn 2 Segment 14 (Year 4, Aug 5 - 15, 2013, Trainer Katrin Smithback)
Bound synopsis, plus 10 DVD set plus 2 CDs

Movement Educators (Ed.; = Diana & Efrin Razumney)
Santa Fe 5 Training Materials Educational Director Diana Razumney

A  Santa Fe 5 Segment 1 (Year 1, April 2 - 13, 2012, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

B  Santa Fe 5 Segment 2 (Year 1, July 16 - Aug 10, 2012, Trainer Diana Razumney)
Bound synopsis, plus 20 DVD set plus 4 CDs

C  Santa Fe 5 Segment 3 (Year 1, Oct 22 - Nov 2, 2012, Trainer Katrin Smithback)
Bound synopsis, plus 10 DVD set plus 2 CDs

D  Santa Fe 5 Segment 4 (Year 2, April 1 - 12, 2012, Trainer Diana Razumney)
Bound synopsis, plus 10 DVD set plus 2 CDs

E  Santa Fe 5 Segment 5 (Year 2, Aug 19 - Sep 13, 2012, Trainer Diana Razumney & Carol Kress)
Bound synopsis, plus 20 DVD set plus 4 CDs
Nativ, Moti

**Dynamic Stability. Synergy of Martial Arts and The Feldenkrais Method**

*Nativ Nativ works as martial artist since 1966 and Feldenkrais practitioner since 1994.*

*Nativ, Moti

**Effective Response to the Changing Environment - Synergy of Martial Arts and the Feldenkrais Method**

*This is volume 2 in the Synergy Series*

N.N.

**Discover Feldenkrais Step by Step Instruction**

Nagy, Ryan

**Feldenkrais TMJ Pain Relief**

Audio CD, MP3 download, 2010
135 Minutes
Nagy, Ryan

Feldenkrais Classics Volume 1
Audio CD, MP3 download, June 2012
291 Minutes

Ogin, Shara

Feldenkrais Comfort for Life-Easing Back, Neck and Arm Pain
DVD, 2011
70 Minutes

Paris, Laura & Seth

Both are Feldenkrais practitioners running a practice in Monterey, CA, specialised in TCI, acupuncture, orthopedic massage and Feldenkrais.

Breathing, Shoulders and Ribs
Easymovement.com, Monterey CA 2002
3 45-minutes lessons, MP3 download

Paris, Laura & Seth

Central Strength
Easymovement.com, Monterey CA 2002
10 45-minutes lessons, MP3 download

Paris, Laura & Seth

Effortless Arms and Shoulders
Easymovement.com, Monterey CA 2002
4 50-minutes lessons, MP3 download

Paris, Laura & Seth

Feldenkrais Fundamentals
Easymovement.com, Monterey CA 2003
6 35-minutes lessons, MP3 download

Paris, Laura & Seth

Flexible Feet & Ankles
Easymovement.com, Monterey CA 2003
4 40 to 60-minutes lessons, MP3 download

Paris, Laura & Seth

Flexible Hips and Pelvis
Easymovement.com, Monterey CA 2003
4 40-minutes lessons, MP3 download
Paris, Laura & Seth

**Flexibe Knees**
Easymovement.com, Monterey CA 2003
40 to 55-minutes lessons, MP3 download

Paris, Laura & Seth

**Freeing the Neck & Shoulders**
Easymovement.com, Monterey CA 2003
6 30 to 40-minutes lessons, MP3 download

Paris, Laura & Seth

**Lengthen Harmstrings & Spine**
Easymovement.com, Monterey CA 2003
3 40 to 55-minutes lessons, MP3 download

Paris, Laura & Seth

**Soft Ribs, Supple Shoulders**
Easymovement.com, Monterey CA 2003
4 40 to 55-minutes lessons, MP3 download

Peck, Julie

**The Organization of the Cylinder, Advanced Training**

*Julie Peck has a background as physiotherapist who became a Feldenkrais practitioner in 1990 and Australia’s first trainer in 2003.*

Plonka, Lavinia

**Have a comfortable flight**

*Lavinia Plonka is Feldenkrais teacher and brings over 30 years of movement experience and research to her workshops. She is the director of Asheville Movement Center in Asheville, NC (www.lavinaplonka.com) and content editor of “SenseAbility”, a quarterly published newsletter of the Feldenkrais Guild of North America.*

1 Audio CD
2003

Plonka, Lavinia

**Unstress Through Movement**

1 Audio CD, 3 lessons, 75 minutes
© 2006 Bogletunes/BMI
Plonka, Lavinia

*Power of the Pelvis*

2 Audio CD set, 2009

Plonka, Lavinia

*Fall Softly, Recover Quickly*

Audio CD, 2012
CD Baby.com/Indy

Plonka, Lavinia

*The Breathing Connection. Relax, Revitalize, Rebalance*

Audio CD, 2013

Quebodeaux, Bridget

*Posture with a Purpose. Move better, feel better, live better, The Feldenkrais Method*

Bridget Quebodeaux is a Feldenkrais practitioner from Los Angeles, Coverphoto Dana Hammill.

4 Audio CD set
Bridget Quebodeaux, 1st edition, September 2009
ISBN 978-0578040356
Questel, Alan

Falling...

4 Audio CD set, 262 minutes
Alan Questel / Uncommon Sensing LLC

Questel, Alan

Feldenkrais...The Moment Where We Begin - An Exploration Between Intention and Action

4 Audio CD set, 228 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 098267242X

Questel, Alan

Feldenkrais...The Pleasure of Challenge...the Challenge of Pleasure

5 Audio CD set, 261 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 0982672438
Questel, Alan

Feldenkrais...Creating Creativity- Embodying the Creative Process


5 Audio CD set, 290 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 0982672446

Questel, Alan

Feldenkrais...Uncommon Sensing - Moving Beyond Your Self Image

Weekend workshop presented by Alan Questel in Lucerne, Switzerland, June 5/6 2004.

7 Audio CD set, 343 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 0982672454

Questel, Alan

Feldenkrais...Reversibility...ytilibisreveR

Weekend workshop presented by Alan Questel in Lucerne, Switzerland, May 28/29, 2005.

6 Audio CD set, 408 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 0982672462

Questel, Alan

Feldenkrais...Getting Hip

Weekend workshop presented by Alan Questel in Lucerne, Switzerland, September 23/24, 2006.

6 Audio CD set, 397 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 0982672470
Questel, Alan

Feldenkrais...May the Force Go Through You

Weekend workshop presented by Alan Questel in Lucerne, Switzerland, April 12/13, 2008.

6 Audio CD set, 388 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 0982672489

Questel, Alan

Feldenkrais...BALANCE

Weekend workshop presented by Alan Questel in Lucerne, Switzerland, October 10/11, 2009.

8 Audio CD set, 388 minutes
Alan Questel / Uncommon Sensing LLC
ASIN 0982672497

Questel, Alan

Feldenkrais. Growing Young

Weekend workshop presented by Alan Questel in Lucerne, Switzerland, May 28/29, 2011.

7 Audio CD set, 397 minutes
Alan Questel / Uncommon Sensing LLC
Questel, Alan

Getting Connected

Weekend workshop presented by Alan Questel in Lucerne, Switzerland, October 20/21, 2012.

7 Audio CD set, 418 minutes
Alan Questel / Uncommon Sensing LLC

Questel, Alan

Pregnant Pauses - Movement for Moms...Feldenkrais

Pregnant Pauses consists of 6 different “Pauses” along with short talks to help you understand more of the thinking and theory behind them.

6 DVD set
Alan Questel / Uncommon Sensing LLC
ASIN 0982672403

Ray, Donna

Improving your Game through Eye-Hand Coordination

Donna Ray works as a Feldenkrais teacher since 1985 and is director of the Feldenkrais Southern California Movement Institute, which she co-founded together with Mark Reese in 1982.
(www.feldenkraissoutherncalifornia.com)

Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA no year
Ray, Donna

*Meditation – the Feldenkrais Way*

Ray, Donna

*Flexibility and Coordination. The Feldenkrais Way*

Ray, Donna

*Strengths you Hands and Arms - The Feldenkrais Way*

Donna Ray developed these lessons after recovering from her injuries due to a car accident.
A

3 Audio CD set
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA

B

3 Audio CD set, re-issue with different cover
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA

Ray, Donna

Sex - The Feldenkrais Way - for Men & Women

The following audio CDs on Sex are available in English and German. Translated into German by Lucia Schütte-Ginsburg.

Ray, Donna

Sex - The Feldenkrais Way – Subliminal Version

1 Audio CD
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA
Ray, Donna

**Sex - The Feldenkrais Way for Women**

1 Audio CD
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA no year

Ray, Donna

**The Breath of Yoga**

1 Audio CD
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA no year

Ray, Donna

**Yoga-The Feldenkrais Way : Energizing Yoga**

*This recording features two half hour Feldenkrais lessons for the backbow and shoulder stand postures on one CD.*

1 Audio CD
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA

Ray, Donna

**Improving Your Eye-Hand Coordination the Feldenkrais Way**

*This series focuses on the functioning of the eyes in relation to movement.*

3 Audio CD set
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA

- 182 -
Reese, Mark

Awareness through Movement. The Basic Series

Twelve 45-minute lessons originally published on audiocassettes, now on CD. Mark Reese was a certified Feldenkrais trainer, who earned his Master’s and Ph.D. in psychology. He graduated from the first US Feldenkrais training program and studied with Moshé Feldenkrais from 1975 – 1984 in San Francisco, Amherst and Tel-Aviv. He co-founded with Donna Ray the Southern California Movement Institute in 1982. Reese, who died in 2006, trained practitioners in more than 30 Feldenkrais training programs in the US, Canada, Australia, France, Italy and Germany.

Audio CD set
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA, no year

B
Reissue published as Move into Comfort

Reese, Mark

ATM: Walking

5 Audio CD set
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA

Reese, Mark

Moving Out of Pain

These 16 half-hour lessons in Moving Out of Pain were originally created as part of a study with people who have Fibromyalgia, originally published on audiocassettes.

8 Audio CD set
Feldenkrais Southern California Movement Institute, Cardiff-by-the-Sea, CA, no year

B
The Feldenkrais Method. Moving out of pain

8 Audio CD set
Feldenkrais Resources, Berkeley, CA no year
Reese, Mark & D.A Bersin

Sensory Motor Education for the Mouth and Jaw

*Ten 30-minute lessons*

5 Audio CD set
Sensory Motor Learning Systems

Reese, Mark

Ribs in Relation: An Advanced Training

*Recorded live in August of 2001 at Feldenkrais Resources Training Institute in Berkeley, CA.*

3 Audio CD set
Feldenkrais Resources, Berkeley, CA no year

Reese, Mark

The Feldenkrais Method and Walking: An Advanced Training

5 Audio CD set
Feldenkrais Resources, Berkeley, CA no year

Reese, Mark

Improving the Carriage of the Head: Exploring Creative Circles

Advanced Training with Mark Reese Day One: - Awareness Through Movement Lesson 1 - on back, twisting the spine with head fixed - Functional Integration demonstration - relationship of head to standing leg - FI demonstration: movement of head over standing leg - FI demonstration: support for head and neck. Day Two: - ATM Lesson 2 - Tilting legs to clarify FI concepts of day one - Discussion - FI demonstration - Sitting relating the chest to the head and neck while turning - FI demonstration - Tilting legs while lying on front - FI demonstration - Relating arm and shoulder to head and hip - ATM lesson 3 - Separating lower legs while tilting the legs on front - Discussion and review - ATM lesson 4 - Coming to standing from the knees while lengthening arms and spine - Discussion & demonstration - Sitting - various ways to make head circles in relation to chest and pelvis - FI demonstration - head movements while sitting on roller - FI demonstration - organizing the upper thoracic spine - ATM lesson 5 - lengthening while getting up from knees.

4 DVD set
Feldenkrais Resources, Berkeley, CA 2007

Reese, Mark & Allison Rapp & Sandy Burkart

Integrating the Feldenkrais Method in Physical Therapy Practice: A Functional Approach to Neuroromotor Re-education

Two-hour video seminar
Video (NTSC) (out of print)
Rosenholtz, Stephen

*The Feldenkrais Method - Basic Lessons in Awareness Through Movement*

Stephen Rosenholtz has graduate degrees in education from both Harvard and Stanford Universities. In 1983 he graduated from the Amherst Feldenkrais training with Moshé Feldenkrais. Since then, he maintained a practice and taught in Feldenkrais trainings worldwide and served as educational director of trainings in Germany and Switzerland and Mexico.

A
The Feldenkrais Method Series I, Lessons 1-4
Rosewood Publications, San Mateo, CA 1988
2 VHS NTSC tapes in original box (out of print)

B
The Feldenkrais Method Series II, Lessons 5-8
Rosewood Publications, San Mateo, CA 1988
2 VHS NTSC tapes in original box (out of print)

Rosenholtz, Stephen

*Basic Lessons in ATM Vol. I*

*Each DVD consists of eight basic, half-hour exercises.*

2 DVD set
Rosewood Publication, San Mateo, CA

Rosenholtz, Stephen

*Basic Lessons in ATM Vol. II*

*Each DVD consists of eight basic, half-hour exercises the second series concentrates on movements in a chair, creeping and crawling, and sitting/standing movements.*

2 DVD set
Rosewood Publication, San Mateo, CA
Rosenholtz, Stephen

*Monkey Moves. Awareness Through Movement lessons for children ages 3–8*

Video NTSC
Rosewood Publications, San Mateo, CA (no year)
(out of print)

Rosenholtz, Stephen

*Move Like the Animals & Monkey Moves*

Musical movement programs for children based on the movement awareness lessons of Moshé Feldenkrais.

DVD
Rosewood Publication, San Mateo, CA

Sachs, Cornelia

*Finding the Next Step. A Video Documentary about and with Amputees*

As participants speak English, German and French, there are subtitles in two versions: one for English and one for German.

DVD, 52 Minutes

Segal, Mia

*Mia Segal’s Feldenkrais Training and Applications. Series One, Vol. I: Twisting*

In this collection of lessons, Mia Segal demonstrates how to use the simple movement of twisting while lying on the back to address a variety of physiological difficulties and how to keep improving through complete integration of the mind-body system.

DVD
MBS Academy

Segal, Mia

*Mia Segal’s Feldenkrais Training and Applications. Series One, Vol. II: Lengthening the Arms*

In this compilation Mia Segal shows how we can expand our abilities through differentiation and integration. It presents a sequence of demonstrations based on the movement of lengthening the arms.

DVD
MBS Academy

Segal, Mia

*Mia Segal’s Feldenkrais Training and Applications. Series One, Vol. III: Alleviating Whiplash*

Mia demonstrates and explains how to observe, gather information and help a person who is suffering the long-term effects of a car accident, including severe headaches and neck pain.

DVD
MBS Academy

Segal, Mia

*Mia Segal’s Feldenkrais Training and Applications. Series One, Vol. IV: Working with a Child*

DVD
MBS Academy
Segal, Mia

DVD
MBS Academy

Segal, Mia

Series Two, Vol. II: Whiplash – Expanding Movements and Confidence
DVD
MBS Academy

Gaster, Leora

Series Two, Vol. III: Learning to walk
DVD
MBS Academy

Gaster, Leora

Series Two, Vol. IV: Learning to walk
DVD
MBS Academy

Segal, Mia & Gaster, Leora

The Classic Sequences Series 1-6

Shester, Alan and Moshé Feldenkrais

Relaxercise - Extraordinary Exercises for Improved Posture, Greater Flexibility, Stress reduction and Pain relief
6 Audiocassettes, English
Sensory Motor Learning System, 1986 (out of print)

Shehav, Chava

A Project in school with Children – who have learning disabilities
Chava Shehav was among the first 13 students taught in person by Moshé Feldenkrais in his studio on 49 Nachmani Street in Tel Aviv, 1969-71. As Feldenkrais trainer she works internationally for many years and co-founded with Karen Schmidt-Paas the Feldenkraiszentrum Chava Shehav in Mechernich, Germany (NEUSS) in 1984 (www.feldenkraiszentrums.de). The film follows a group of children over a six month period covering movement lessons and work with their sensory, emotional and cognitive development. The film includes clear before and after comparisons.

Feldenkraiszentrum Chava Shehav, Neuss 1991 Video (PAL) (out of print)
B

Training Project with children who have learning disabilities.

DVD (PAL) ca 60 Min, (English) Re-issue on DVD
Neuss n.d., Feldenkraiszentrum Chava Shelhav
To order: Feldenkraiszentrum Chava Shelhav (info@feldenkraiszentrum.de)

Smyth, Cliff

This is a three part series that was developed specifically for those who have suffered from overuse injuries and hand and arm pain. website: www.learningforhealth.com

A

Easy Hands and Arms Vol. I, lesson 1 - 4

2 Audio CD set, 155 Min, 2005

B

Easy Hands and Arms Vol. II, lesson 1 - 4

2 Audio CD set, 148 Minutes, 2005

C

Easy Hands and Arms Vol. III, lesson 1 - 4

2 Audio CD set, 153 Minutes, 2005

Smyth, Cliff & Deborah Bowes

Lessons to Go: Volume 1 The primary Image

2 Audio CD set

Spire, Mary

Increasing Your Mobility and Flexibility - Six Beginning Awareness Through Movement Lessons in the Feldenkrais Method

Mary Spire works as Feldenkrais trainer in Berkeley, CA

3 CD Set
Self published, 2000
Spire, Mary

Optimal Moves, Effortless Use of the Arms and Hands I - Five Awareness Through Movement Lessons for Musicians / Computer Keyboard Users in the Feldenkrais Method

4 CD Set
Self published, 2004

Spire, Mary

Optimal Moves, Effortless Use of the Arms and Hands II - Five Awareness Through Movement Lessons for Musicians / Computer Keyboard Users in the Feldenkrais Method

5 CD Set
Self published, 2006

Spire, Mary

Freedom and Carriage of Your Head
3 Feldenkrais lessons one day workshop.

MP3 Download only

Spire, Mary

Five Intermediate Awareness Through Movement Lessons

MP3 Download only
Spire, Mary

**Improve Your Movement in Everyday Activities - Six Awareness Through Movement Lessons**

MP3 Download only

Spire, Mary

**Explore and Refine Yourself Use**

One-day Awareness Through Movement Intensive Workshop: four ATM lessons.

MP3 Download only

Spire, Mary

**The Power of Attention and Awareness**

One-day Awareness Through Movement Intensive Workshop: four ATM lessons.

MP3 Download only

Strauch, Ralph

**Focusing your Touch - Advanced Training in the Feldenkrais Method**

Ralph Strauch works as a Feldenkrais practitioner and author since 1983 in the LA-area. Originally a trained mathematician with a Ph.D. from the University in California in Berkeley he explored the body mind relationship since the late 60s by ways of Tai Chi and other martial arts. Trained by Moshé Feldenkrais himself, he published "The Reality Illusion" in 1983, which was reprinted several times and translated into German and Spanish. This 2 1/2 hour recording is an edited version of a live presentation at the 2005 Feldenkrais Annual Conference. Further audio tapes by Ralph Strauch on his website: www.somatics.com

2 Audio CD set
Somatic Options, Pacific Palisades, CA no year (c. 2006)

Strauch, Ralph

**Living in Gravity – basic edition**

The basic edition contains a half-day workshop for Practitioners and the general public on 2 hours.

1 DVD
Somatic Options, Pacific Palisades, CA no year
Strauch, Ralph

The professional edition includes a second DVD containing additional advanced training for Feldenkrais practitioners who attended the basic workshop.

Living in Gravity – professional edition

2 DVD set
Somatic Options, Pacific Palisades, CA no year

Strauch, Ralph

Finding Center and Ground

1. 1. Finding your Center - 2. Feeling Support from the Ground

Audio CD
Somatic Options, Pacific Palisades, CA 2011

Tarr, John

John Tarr studied trombone and has Bachelor’s Master’s degrees in music performance. He works as a guild certified Feldenkrais practitioner in Switzerland. Each volume contains 4 audio lessons plus written instructions and pictures to guide users through specially chosen “Awareness Through Movement” lessons intended to improve sound quality, make practicing more comfortable and enhances musical performance. Also included are seven “body warm-ups,” which are brief, written summaries of the lessons to be used before and after practicing.

A
The Dynamic Musician Series: Volume 1

2 Audio CD set, 108 minutes plus 32 page booklet
© 2004

B
The Dynamic Musician Series: Volume 2
2 Audio CD set, 108 minutes plus 32 page booklet
© 2004
website: www.dynamicmusician.com
Thelen, Esther

A Dynamic Systems Approach to Development

Basically an audio CD this DVD presents the theories and works of Esther Thelen (1941-2004), who had an enormous impact on other Feldenkrais teachers. It was recorded during a two-day workshop, organized by Mark Reese.

Feldenkrais Southern California Movement Institute & Feldenkrais Resources, San Diego 2012

Thoe, Annie

Align for Balance: Discover your nature core stability

Annie Thoe is a GCFP and assistant trainer from Freeland, WA.

MP3 audio
360 Minutes
No date (2013)

Thoe, Annie

Balance your Head: Let go of tension and clear your mind

7 Lessons

MP3 audio
360 Minutes
No date (2013)

Thoe, Annie

Energize your Vision: See further, wider and sharper

6 lessons

MP3 audio
360 Minutes
No date (2013)

Thoe, Annie

Expand your breathing: Experience the vitality

6 lessons

MP3 audio
360 Minutes
No date (2013)
Thoe, Annie

**Free your shoulders: Free chronic tension to expand your range**

7 lessons
MP3 audio
360 Minutes
No date (2013)

Thoe, Annie

**Liberate your Back: Align yourself and move with confidence**

7 lessons
MP3 audio
360 Minutes
No date (2013)

Van Howten, Donald

**Reclaim Your Movement Heritage - A Series of Feldenkrais Movement Lessons**

Two-CD set: Reviewing Original Functional Movements from Childhood, Clarifying Original Functional Movements from Childhood.

CD-ROM
Life Impressions Institute, 1999
(out of print)

Van Howten, Donald

**Seeking Our Healing Memories**

The lessons on these CDs are designed to address the two major segments of our torso, the chest, and abdomen and their contained organs.

Webber, David

**Seeing Clearly. A Feldenkrais Exploration of Vision**

Suddenly in 1996, at the age of 43, David Webber lost his eyesight. Remarkably, he regained much of his vision by working with the practical principles of the Feldenkrais method. Based on his own healing experience, he developed the Seeing Clearly workshop. The workshop uses Feldenkrais lessons to investigate three interdependent functions that help the eyes optimize vision: muscular effort, movement and focus. You will learn: - How to lower the muscular tonus of the muscles that move the eyes, and feel what it is like to have relaxed eyes - one of the necessary ingredients for a quieter, more receptive nervous system. - How to maintain fluid movement of the eyes in all directions, and to let go of the unnecessary effort that creates blind spots in the visual field, and effects common movements such as turning, bending and walking. - How to focus the eyes accurately and without strain, while seeing from various directions and depths of focus.
White, Francesca

Practical Feldenkrais: Freedom in your Jaw, Mouth and Breathing

White, Francesca

Practical Feldenkrais: Are you Sitting Comfortably?

White, Francesca

Practical Feldenkrais: Learning Intelligent Reaching

2 ATM lessons

White, Francesca

Release your upper Chest and Ribs

4 Audio CD set

White, Francesca

Oiling Your Hip Joints

1 Audio CD
White, Francesca

Maintaining a Healthy Neck
1 Audio CD

Wildman, Frank

Frank Wildman, Ph.D., the author of “Change Your Age”, is the founder and director of the Feldenkrais Movement Institute. He maintains a private practice in Berkeley, California. www.feldenkraisinstitute.org

A
12 audiotapes & accompanying booklet in original clamshell case
12 Audiocassettes
Movement Studies Institute, 1996
ISBN 1889618519 (out of print)

B
The Intelligent Body - Feldenkrais Program Volume I & II
This CD set contains 24 45-minute long Awareness Through Movement lessons.

Re-issue Audio CD set with booklet 24 pages
Feldenkrais Movement Institute, 2006
ISBN 1889618616

Wildman, Frank

The Intelligent Body (The Feldenkrais Advanced Tape Series, III)
6 boxed cassettes - 12 Movement lessons
Movement Studies Institute, 1996 (out of print)

Wildman, Frank

The Intelligent Body: TMJ Program
Audio-CD Single
The Feldenkrais Movement Institute, 2009

Wildman, Frank

TMJ - For Neck, Head and Jaw Pain
Originally published on audiocassette, later on CD.
1 Audio CD
© 1999, 2004
(out of print)
Wildman, Frank

Moving From Pain into Pleasure

*Five short Feldenkrais lessons designed for people who hurt with movement. Tested in a fibromyalgia clinic.*

1 Audio CD
© 1999, 2004

Wildman, Frank

Dealing With Back Pain

2 Audio CD set, 90 minutes
© 1999, 2004

Wildman, Frank

Better Driving

*Originally published on audiocassette, later on CD.*

1 Audio CD
1999, 2004 on CD

Wildman, Frank

Change Your Age. Part One: Reclaiming a Youthful Neck, Back and Hips

3 DVD Set, 2010

Wildman, Frank

Change Your Age. Part Two: Regaining Dexterity and Coordination

3 DVD Set, 2010
Wildman, Frank

*Change Your Age. Part Three: Rejuvenating Your Posture & Balance*

3 DVD Set
2010

Wildman, Frank

*The Timeless Body: Improving With Age*

9 lessons for seniors, originally published on video tape (NTSC).
3 DVD set, 360 minutes

Wildman, Frank

*The Intelligent Body, Improving with Age. Home practise in the Feldenkaris method*

The Awareness Through Movement lessons in this 4-DVD program were developed by Frank Wildman while he was teaching a course at the University of California Extension for older adults. This program addresses balance problems, coordination, and other critical functional abilities pertinent to the needs of older citizens. The program includes an introduction, and nine ATM lessons. (8-hour DVD package)

4 DVD set

Wildman, Frank

*Your Brain as the Core of Strength and Stability*

Feldenkrais Awareness Through Movement lessons are used to work experientially with the concepts presented in the course. Participants will be able to refine their own use of their core as the course progresses, experiencing more stability and core strength even as their flexibility improves.

Volume I: Awareness Through Movement lessons, 4 DVDs, 6 hours
Volume II: Advanced Training Functional Integration, 4 DVDs, 6 hours
Yaron, Gaby  
**Die Feldenkrais-Methode, 8 Lektionen auf Audiocassetten**

_Gaby Yaron was one of Moshé Feldenkrais’ original Israeli students. This workshop, recorded in Berkeley, California, concentrates on improving the flexibility of the chest and back and is good for both the beginning and advanced student. German review of the cassette edition by Uta Ruge published in Feldenkrais Forum № 44, 2003._

A  
Feldenkrais-Verband Deutschland e.V., München 2003  
(out of print)

B  
Neuaufgabe als CD-Edition  
Feldenkrais-Verband Deutschland e.V., München 2013  
ISBN 3-937886-14-1

Yaron, Gaby  
**ATM Workshop for Health Professionals, Performing Artists and Athletes**

5 Audiocassetten set  
Feldenkrais Resources, Berkeley, CA no year  
(out of print)

Yaron, Gaby  
**Advanced Seminar for Feldenkrais Teachers (7 extended lessons)**

Audiocassetten set  
Feldenkrais Resources, Berkeley, CA 1983  
(out of print)

Yaron, Gaby  
**1986 Two-Day ATM Workshop Tapes (8 lessons)**

5 Audiocassetten set  
Feldenkrais Resources, Berkeley, CA 1986  
(out of print)

Yaron, Gaby  
**1988 Two-Day ATM Workshop Tapes (8 lessons)**

5 Audiocassetten set  
Feldenkrais Resources, Berkeley, CA 1988  
(out of print)

Yaron, Gaby  
**The Grammar of Spontaneity. Volume 1 & 2**

5 audio-tapes and 7 audio-tapes  
Feldenkrais Resources, Berkeley, CA (late 80s)
Yaron, Gaby

**Integrating the Chest ATM Public workshop**
7 Audio CD set
Feldenkrais Resources, Berkeley, CA no date

Yaron, Gaby

**Integrating the Arms and Hands (1984) Advanced Training I**
4 Audio CD set
Feldenkrais Resources, San Diego, CA no date

Yaron, Gaby

**Integrating the Spine. Advanced Training II**
7 Audio CD set
Feldenkrais Resources, San Diego, CA no date

Yaron, Gaby

**Breath and Balance: Awareness Through Movement Workshop, Volume II**
Formerly "Integrated Bending" Awareness Through Movement Workshop with Gaby Yaron. She performed this public workshop after her remarkable recovery from an automobile accident. Originally published on audiocassette.

5 Audio CD set
Feldenkrais Resources, Berkeley, CA 2007

Yaron, Gaby

**The Art of Functional Integration. Six Lessons**
Videotaped in 1992 by assistant trainer Bettie Dickinson during the fourth year of the Michigan training program.
6 DVD set
Feldenkrais Resources, San Diego, CA no date
Zemach-Bersin, David

Advanced Awareness Through Movement (4 extended, advanced lessons)


A
Audio cassette set
Feldenkrais Resources, Berkeley (no year, early 90s)

B
Audio CD
Feldenkrais Resources. San Diego Reissue on CD

Zemach-Bersin, David

Finding the Skeletal Path (Advanced Awareness Through Movement)

4 Audio CD set
Feldenkrais Resources, Berkeley, CA 2007

Zemach-Bersin, David

Weightless Movement (Advanced Awareness Through Movement II)

A follow up to "Finding the Skeletal Path". CD#1 - The Head is Light 70:52 CD#2 - Finding Your Horizon 48:24 CD#3 - Finding Your Trajectory, pt1 40:00 Breathing on the Left Side, 1 CD#4 - Finding Your Trajectory, pt2 47:57 CD#5 - Running on the Side 36:14 CD#6 - Rotation of the Entire Self 45:49

6 Audio CD set
Feldenkrais Resources, San Diego, CA 2008

Zemach-Bersin, David / Reese, Mark

Sensory Motor Education for the Mouth and Jaw

Audiocassette set
Feldenkrais Resources, Berkeley, CA 1984
(out of print)
Zemach-Bersin, David / Reese, Mark

**TMJ Health, Sensory Motor Exercises for Mouth and Jaws Health**

*TMJ Health offers ten 25-minute Awareness Through Movement exercises which address every important aspect of mouth and jaw functioning. The complete 6-tape set is enclosed in an album and includes an instruction booklet.*

A 6 Audiocassettes
Sensory Motor Learning Systems, 1988 (out of print)

B Audio CD set, reissue
Feldenkrais Resources, Berkeley, CA

Zemach-Bersin, David / Reese, Mark

**Relaxercise**

*Feldenkrais lessons on audiocassettes and CD. Relaxercise is based upon the neuromuscular re-education system developed by Moshé Feldenkrais. Through simple, easy movements, everyone - regardless of age or physical ability - can learn to alleviate physical discomfort and discover new flexibility and ease of movement. The complete program includes:*  
1 - Introduction to Relaxercise 2 - Learning Easy Flexibility (Spinal Rotation) 3 - Low Back Comfort (Spinal Flexion) 4 - Lengthening the Spine (Extension) 5 - Relaxing the Shoulders 6 - Total Breathing 7 - Aligning the Body (Lateral Flexion) 8 - The Art of Relaxed Eyesight 9 - The Art of Relaxed Eyesight 10 - Your Body's Power Center (The Pelvis) 11 - Your Best Face (Mouth and Jaw) 12 - Happy Feet

A Feldenkrais Resources, Berkeley, CA. (no year, late 80s)  
6 Cassettes in Case with booklet, English (out of print)

B Audio CD set, 360 minutes  
Feldenkrais Resources, Berkeley, CA 1999

Zemach-Bersin, David / Reese, Mark

**1988 Advanced Training (4 extended, ATM lessons)**

A Audiocassette set  
Reese Movement Institute, Cardiff-by-the-Sea, CA 1988 (out of print)

B Audio CD set,  
Feldenkrais Resources, Berkeley, CA. (no year, late 80s)
Zones, Arlyn

A Flexible Chest

Arlyn Zones graduated from Moshé Feldenkrais’s last U.S. Training Program in 1983, she became an assistant trainer of the Feldenkrais Method in 1988 and a trainer in 1994. She has taught extensively in the U.S., Europe, and Australia in more than 70 training programs. This live recording was made during a one day public workshop at Feldenkrais Resources in Berkeley to a crowd of over 50 participants in March 2005.

Feldenkrais Resources, Berkeley, CA (no year)
4 Audio CD set