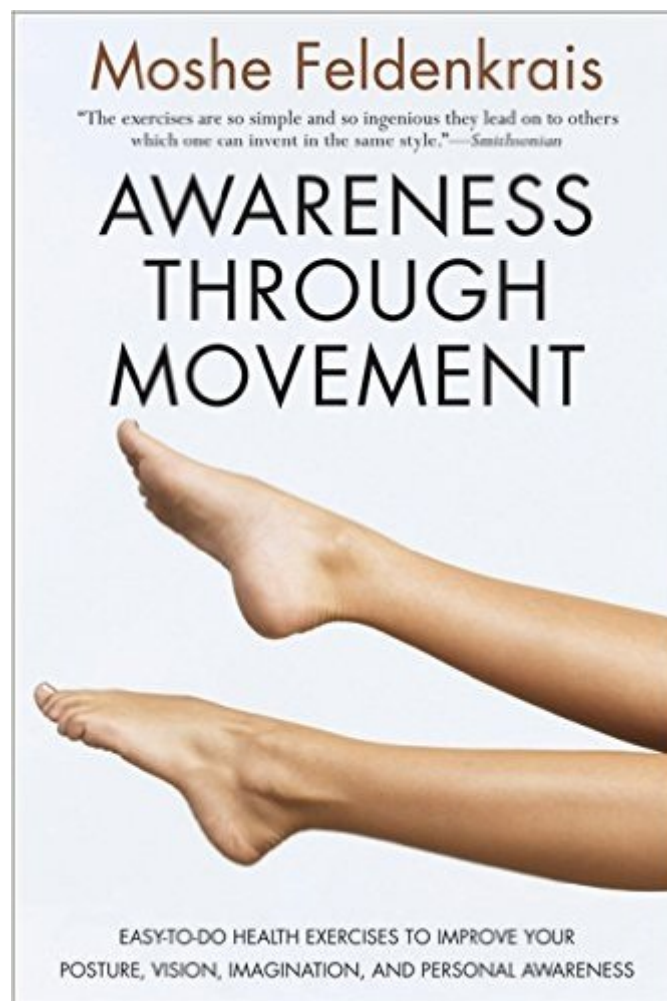


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# Awareness Through Movement: Easy-to-Do Health Exercises To Improve Your Posture, Vision, Imagination, And Personal Awareness



## Synopsis

Thousands have found renewed health and increased sensory awareness through the Feldenkrais method as explained in *Awareness Through Movement*. Here is a way for people of every age to integrate physical and mental development into a new, invigorating wholeness. Feldenkrais provides a modern-day, practical program for the perennial ideal of a healthy mind in a healthy body. His down-to-earth method carefully avoids any mystical component and never obliges any pupil to master abstruse theories. Exercises for posture, eyes, imagination, and more will simultaneously build better body habits and focus new dimensions of awareness, self-image, and human potential.

## Book Information

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## Customer Reviews

The first time I read this book, it was such a daunting task I put down and saved it for a time when my intelligence was ready to 'understand' the instructions. If you're the equivalent of a college freshman in the science of movement this book will probably be something you want to save for a more advanced place in your progression. Or read it and get what you can...planning to come back to it over and over. If I hadn't seen and tried the method via videotapes and then in an actual seminar I probably wouldn't have given the book a chance at all. That choice, however, would have been a huge mistake. This book offers a series of "lessons" that take the human body through movements most children could do easily but had been pushed out of my movement repertoire. These are also movements most people, including my extremely strong and lean 30 year old

daughter(who's a personal trainer I might add), cannot do with ease. The movement patterns provided in the book help me rollerblade without fear (well, a reasonable level of fear!) and increase the likelihood that I'll still be able to chase men when I'm old enough to know better but still too young--what's 95 anyway?-- to care. On a more serious side these strengths will be absolutely crucial if we want to be able to get into a shower or go to the restroom alone when we get older. I've been a runner and fitness specialist for a LONG time and have worked from just about every angle in the fitness field that exists, from aerobic instruction to power lifting to yoga and the Awareness Through Movement theory was alien to anything I'd learned in the traditional "western" pursuit of fitness. Instruction like this was not in any of my personal training courses.

I would like to explain both the good reviews and the bad here. I have been interested in Feldenkrais for a few years but have no commercial interest in it. I am not a teacher or a practitioner. (But you can do internet search for a list of answers to FAQs that I have written on my webpage.) I think the Feldenkrais method is a really interesting way to improve oneself. It challenges our assumptions about self-improvement, physical conditioning etc. and can cure many physical problems. This book is written by Moshe Feldenkrais, and is the most accessible of his books. Even so it is wordy in many places and mysteriously terse in others. But even if it were perfectly written, I could not recommend this book as an introduction to the method. The only suitable introduction is a few one-on-one lessons from a good practitioner (see Feldenkrais dot com for a list of such people in your area ---unfortunately there aren't enough practitioners around). The method is too counterintuitive to learn from a book. The bad news: one on one lessons cost serious money. Even a few lessons will set you back several hundred dollars, and if you have any kind of serious "trouble" you may need 5-10 lessons. Also most insurances won't cover it. I happen to think that the cost is well worth it. Once you have had a few lessons there are many ways to continue your learning. (The method is all about self-awareness and hence lends itself well to self-study, provided you have occasional access to a good teacher.) Then books like this, and recorded lessons (called ATMs) are useful. I hope this review was useful. If you start reading this book I suggest skipping the introductory 30-40 pages and start reading onwards from where Moshe starts describing the exercises.

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