The Torch

easy navigation.

Flexion & extension in 16 different positions

The workbook contains 252 pictures plus descriptions and bold titles for:

Day 7: Lifting your head in prone position
Day 8: Rolling over easily, using everything you've got
Day 9: The whole body
Day 5: Floating and lengthening, starting with your dominant hand
Day 6: Lifting your legs in prone

help lifting your head
Day 3: Elbows towards knees a
Day 4: Getting to know your shoulder girdle and its connections to

and rides on the back of my professional education and my 10+ years teaching experience of the FELDENKRAIS(r) method

light, colloquial, humorous, yet sincere and authentic spirit I show in my videos. It is a thoroughly designed workbook

beginners video course for my YouTube channel with over 12,000 subscribers. In this workbook I try to use the same

on the floor and to learn more about themselves. I originally created the Getting Better Day By Day lessons as a

learning and exploration. The very easy to read structure of this book helps you to get a quick overview over the

lessons, a better understanding of the connections between lessons, and makes it easier to identify the strategies used

in the lessons. Plus you'll have something to show to your people when you're trying to explain what you're doing. You
can use this workbook to deepen your own practice and understanding, or use it as teaching tool to get others to roll

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Feldenkrais with Alfons - Getting Better Day by Day - the Workbook

Feldenkrais with Alfons
Grabher 2017-12-14

This one-of-a-kind workbook guides you through 9 amazing movement sequences, so called FELDENKRAIS(r) lessons. Every lesson is built on
top of the other. With one lesson per day this results in a sophisticated, life changing 9 day program - a journey of
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