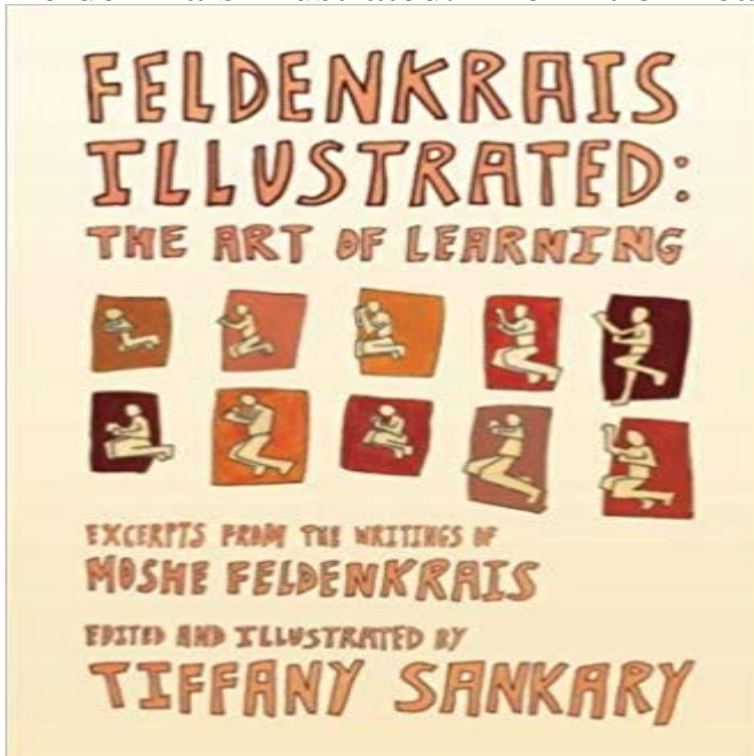


Feldenkrais Illustrated: The Art of Learning



Feldenkrais Illustrated: The Art of Learning weaves together the writings of Moshe Feldenkrais with Tiffany Sankary's drawings. Feldenkrais (1904-1984) was a physicist, martial artist, engineer, and somatic pioneer who developed The Feldenkrais Method, an innovative approach to learning, movement, and awareness to help improve all aspects of human functioning. Sankary illustrates excerpts from Feldenkrais books and articles, organizing and bringing to life his core ideas to make them accessible to seasoned practitioners, students and those new to the Method.

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