



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

Moshe Feldenkrais

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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.

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