

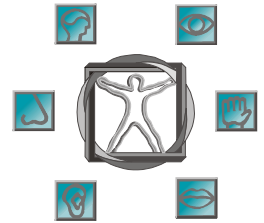
# Feldenkrais- Ausbildung

— BEWEGLICHKEIT FÜR GEIST UND KÖRPER —

Patrick Gruner · Bahnhofstrasse 5 · 86316 Friedberg

Tel (0821) 6070590 · Fax (0821) 6070592 · USt-IdNr. DE171163443

Web: [www.Feldenkrais-Ausbildung.de](http://www.Feldenkrais-Ausbildung.de) · Email: [Info@Feldenkrais-Ausbildung.de](mailto:Info@Feldenkrais-Ausbildung.de)



**Alle Artikel werden mit Erlaubnis des jeweiligen Autors veröffentlicht.**

Bitte beachten Sie, daß das Copyright der Artikel beim jeweiligen Autor liegt. Jede weitere Nutzung, die über den rein privaten Gebrauch hinaus geht, ist ohne vorherige Zustimmung des jeweiligen Autors und/oder uns nicht zulässig. Falls sie einen Artikel verwenden möchten, setzen Sie sich bitte mit uns in Verbindung.

**All articles are published with the author's permission.**

Please note: The copyright of all articles is owned by the author. Any use of the articles or parts of them, which exceeds pure personal use, is without permission in writing from the author and/or us not allowed. If you want to use an article, please contact us.

---

## A Bibliography of The Feldenkrais Method

Revised by [Mark Reese](#)

*Mark Reese, Ph.D., Certified Feldenkrais® Trainer, was one of the world's foremost authorities on the Feldenkrais Method®. Adding to a broad, interdisciplinary background including philosophy, biology, theater, and music, Mark earned his Master's and Ph.D. in Psychology. He was a graduate from the first U.S. Feldenkrais® training program and studied with Moshé Feldenkrais from 1975 - 1984 in San Francisco, Amherst and Tel-Aviv.*

*Mark has trained practitioners in more than 30 Feldenkrais® Professional Training Programs in such locations as San Diego, Los Angeles, San Francisco, Seattle, Detroit, New York, Sidney, Melbourne, Brisbane, Rome, Milan, Munich, and Toronto. He has also given advanced training workshops for practitioners throughout the world and has taught at both the Esalen and Omega Institutes. Mark has published extensively on the Feldenkrais Method® and related health issues, and was co-author of *Relaxercise: The Easy New Way to Health and Fitness*. He has also appeared often television and radio.*

*Unfortunately Mark passed away in May 2006.*

### Content

- Taped and Printed Materials Resource Directory

### Section I:

- [Publications by Moshé Feldenkrais](#)
- Books by Moshé Feldenkrais on the Feldenkrais Method®
- Books by Moshé Feldenkrais on Judo
- Articles by Moshé Feldenkrais
- Interviews with Moshé Feldenkrais
- Audio-Taped Awareness Through Movement® by Moshé Feldenkrais
- Transcribed Audio-Taped Lessons in Awareness Through Movement by Moshé Feldenkrais
- Audio-Taped Lectures by Moshé Feldenkrais
- Video-Tapes of Moshé Feldenkrais



## Section II:

- [Feldenkrais Method Publications](#)
- Feldenkrais Method Books
- FELDENKRAIS GUILD Publications (English)
- Feldenkrais Method Articles  
(Journals, Magazines, Newspapers, Pamphlets, Manuscripts)  
(Published in the U.S.)
- Feldenkrais Method Articles  
(Journals, Magazines, Newspapers, Pamphlets, Manuscripts)  
(Published Outside the U.S.):
- Australia
- Canada
- Belgium
- New Zealand
- Portugal
- Books Citing the Feldenkrais Method
- Book, Audio, and Video-Tape Reviews
- Feldenkrais Method Video and Audio-Tapes
- Feldenkrais Method Transcribed Awareness Through Movement Lessons

## Section III:

- **International Publications by Moshé Feldenkrais**
- Hebrew
- French
- German
- Italian
- Dutch
- Portugese
- Spanish

## Section IV:

- [International Feldenkrais Method Publications](#)
- French
- German

- Austrian
- Spanish
- Dutch
- Italian
- Sweden
- Feldenkrais Guild International Publications

## **Taped and Printed Materials Resource Directory**

- The FELDENKRAIS GUILD, P.O. Box 489, Albany, OR 97321. (503) 926-0981, (800) 775-2118, FAX (503) 926-0572
- Feldenkrais Resources, P.O. Box 2067, Berkeley, CA 94702, (510) 540-7600, (800) 765-1907, FAX (510) 540-7683
- Reese Movement Institute, 160 Chesterfield Dr., Suite 8, Cardiff-by-the-Sea, CA 92007, (760) 436-9087, (800) 500-9807, FAX (760) 436-9141
- Della Grotte, Josef, P.O. Box 612, Westminster, MA 01473.
- Feldenkrais at Home, 1830 Westholme Avenue, Suite 304, Los Angeles, CA 90025.
- Haven Corporation, 802 Madison St., Evanston, IL, 60202.
- The Institute for Movement Studies, 1832 2nd St., Berkeley, CA, 94710, (800) 342-3424
- Sensory Motor Learning Systems, 160 Chesterfield Dr., Suite 8, Cardiff-by-the-Sea, CA, 92007, (800) 500-9087, P.O. Box 5764, Berkeley, CA, 94705
- Somatics Educational Resources, 1516 Grant Avenue, Ste. 220, Novato, CA 94945.

## **SECTION I : PUBLICATIONS BY MOSHÉ FELDENKRAIS**

### **Books by Moshé Feldenkrais on The Feldenkrais Method**

- *Body and Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning.* London: Routledge and Kegan Paul, 1949; New York: International Universities Press, 1950 (softcover edition, out of print); Tel-Aviv: Alef Ltd., 1966, 1980, 1988 (hardcover edition). Hardcover edition available through The FELDENKRAIS GUILD®, and softcover edition available through Feldenkrais Resources.
- *Awareness Through Movement: Health Exercises for Personal Growth.* New York/London: Harper & Row 1972, 1977; Toronto: Fitzhenry & Whiteside, 1972, 1977 (hardcover edition, out of print); Harmondsworth, Middlesex, England: Penguin Books, 1972, 1977; San Francisco: Harper Collins, 1990 (softcover edition). Available through The FELDENKRAIS GUILD.
- *The Case of Nora: Body Awareness as Healing Therapy.* New York/London: Harper & Row, 1977 (out of print). Available through The FELDENKRAIS GUILD, and Feldenkrais Resources.
- *The Elusive Obvious.* Cupertino, California: Meta Publications, 1981. Available through The FELDENKRAIS GUILD, and Feldenkrais Resources.
- *The Master Moves.* Cupertino, California: Meta Publications, 1984, (softcover edition.) Available through The FELDENKRAIS GUILD.

- The Potent Self. San Francisco: Harper & Row, 1985. Harper Collins, New York, 1992, (softcover edition.) Available through The FELDENKRAIS GUILD, and Feldenkrais Resources.
- 50 Lessons by Dr. Feldenkrais. Noah Eshkol. Tel-Aviv, Israel: Alef Publishers, 1980 (written in Movement Notation).

### **Books by Moshé Feldenkrais on Judo**

- Practical Unarmed Combat. London: Frederick Warne & Co., 1941. Revised edition 1944, 1967 (out of print).
- Judo: The Art of Defense and Attack. New York and London: Frederick Warne & Co., 1944, 1967 (out of print).
- Higher Judo (Groundwork). New York and London: Frederick Warne & Co., 1952 (out of print). Xerox copy available from Feldenkrais Resources.

### **Articles by Moshé Feldenkrais**

- "A Non-Specific Treatment." The Feldenkrais Journal, No. 6, 1991. (Lecture from 1975 Training Program, edited by Mark Reese.)
- "Awareness Through Movement." Annual Handbook for Group Facilitators. John E. Jones and J. William Pfeiffer (eds.). La Jolla, CA: University Associates, 1975. Available through Feldenkrais Resources.
- "Bodily Expression." Somatics, Vol. 6, No. 4, Spring/Summer 1988. (Translated from the French by Thomas Hanna.) Available through Feldenkrais Resources.
- "Bodily Expression (Conclusion)." Somatics, Vol. 7, No. 1, Autumn/Winter 1988-89. Available through Feldenkrais Resources.
- "Learn to Learn." Booklet. Washington D.C.: ATM Recordings, 1980. Available through Feldenkrais Resources.
- "On Health." Dromenon, Vol. 2, No. 2, August/September 1979. Available through The FELDENKRAIS GUILD, and Feldenkrais Resources.
- "On the Primacy of Hearing." Somatics, Vol. 1, No. 1, Autumn 1976. Available through The FELDENKRAIS GUILD, and Feldenkrais Resources.
- "Man and the World." Somatics, Vol. 2, No. 2, Spring 1979. Reprinted in Explorers of Humankind, Thomas Hanna (ed.). San Francisco: Harper & Row, 1979. Available through The FELDENKRAIS GUILD, and Feldenkrais Resources.
- "Mind and Body." Two lectures in Systematics: The Journal of the Institute for the Comparative Study of History, Philosophy and the Sciences, Vol. 2, No. 1, June 1964. Reprinted in Your Body Works, Gerald Kogan (ed.). Berkeley: Transformations, 1980. Available through The FELDENKRAIS GUILD, and Feldenkrais Resources.
- "Self-Fulfillment Through Organic Learning." Journal of Holistic Health, Vol. 7, 1982. (Lecture delivered at the Mandala Conference, San Diego, 1981, edited by Mark Reese.) Available through Feldenkrais Resources.

### **Articles by and interviews with Moshé Feldenkrais.**

- This packet includes many of the articles and interviews indicated in this and the following sections. Available through Feldenkrais Resources.
- Interviews with Moshé Feldenkrais
- Leri, Dennis. "Moshé on Moshé on the Martial Arts." The Feldenkrais Journal, No. 2, 1986. Available from Feldenkrais Resources.

- Rosenfeld, Edward. "The Forebrain: Sleep, Consciousness, Awareness and Learning." *Interface Journal*, Nos. 3-4, 1976. Available through Feldenkrais Resources.
- Schecter, Richard and Helen. "Image Movement and Actor." *Tulane Drama Review*, Vol. 10, No. 3, 1966. Available through Feldenkrais Resources.
- Schutz, Will. "Movement and the Mind." *The New Healers, New Dimensions And/Or Press*, Berkeley, 1980. Available through Feldenkrais Resources.
- Unknown author. *Boulder City Lights*, Vol. 1, No. 18, December 11-17, 1986.
- Unknown author. *The New Sun*, Vol. 1, No. 11, December 1977 (Brooklyn, NY.)

### **Audiotapes Awareness Through Movement ® by Moshé Feldenkrais**

- Awareness Through Movement Basic Series. (Ten lessons.) Available through Feldenkrais Resources.
- Moshé Feldenkrais for the Elder Citizen. (Ten lessons.) Available through Feldenkrais Resources.
- The San Francisco Evening Class, Volumes 1 and 11. (10 lessons on each volume) Available through Feldenkrais Resources.
- ATM Recorded Live in Big Sur. (Ten lessons and a lecture.) Dolphin Tapes, Esalen, Big Sur, CA.
- Workshop Tapes Recorded Live, Spring 1981. Workshops in Dallas, New York and Washington D.C. (offered separately). Available through Feldenkrais Resources.
- 1973 Berkeley Workshop. Available through Feldenkrais Resources.

### **Transcribed Audiotaped Lessons in Awareness Through Movement by Moshé Feldenkrais**

- Twenty-five Lessons from Eshkol-Wachman Movement Notation. Translated into English by Jack Heggie in 1985, from lessons taught in 1970. Available through Feldenkrais Resources.
- 1972 Esalen Workshop Notes. (43 lessons.) Available through Feldenkrais Resources.
- 1974 London Workshop. (30 lessons and 6 lectures.) Available through Feldenkrais Resources.
- 1976 San Francisco Public Evening Class. (26 lessons.) Available through Feldenkrais Resources.

### **Audiotaped Lectures by Moshé Feldenkrais**

- Explorers of Humankind Conference, Los Angeles. Butterfly Media Dimension, Northridge, CA. 1978.
- Audio cassette Interview. Pacifica Radio Archive, Los Angeles, CA. 1978.
- Life and Human Nature, Moshé Feldenkrais with Will Schutz. Tape No. 1170. New Dimensions Foundation, 267 States St., San Francisco, CA 94114.

### **Videotapes of Moshé Feldenkrais**

- Medicine Man Program I and II. (Eight 30-minute television shows.) Available through Feldenkrais Resources.

The Work of Dr. Moshé Feldenkrais. Vol. I & II. (Each tape has 4 -30 min. segments.) Produced By Korentayer, Kolman, Canada, 1980. Available through Feldenkrais Resources

## **SECTION II: FELDENKRAIS METHOD PUBLICATIONS**

## **Feldenkrais Method Books**

- Alon, Ruthy. *Mindful Spontaneity, Moving in Tune with Nature: Lessons in the Feldenkrais Method*. Interface (Australia), 1990. Prism Press (Great Britain), 1990. Distributed in the U.S.A. by Avery Publishing Group.
- Goldfarb, Larry. *Articulating Changes: Toward a Theory for the Feldenkrais Method*. 1990. Available through Feldenkrais Resources.
- Hanna, Thomas. *The Body of Life*. Alfred A. Knopf, 1980.
- *Somatics*. Addison-Wesley Publishing Company, Inc., 1988.
- Heggie, Jack. *Running with the Whole Body*. Emmaus, PA., Rodale Press, 1986.
- *Skiing with the Whole Body*. Available through Feldenkrais Resources.
- Lieberman, Julie Lyon. *You Are Your Instrument: The Definitive Musician's Guide to Practice and Performance*. Huiksi Music. New York, NY, 1991.
- Masters, Robert and Houston, Jean. *Listening to the Body*. Delacorte Press, 1978.
- Rywerant, Yochanan. *The Feldenkrais Method: Teaching by Handling*. Harper & Row, 1983.
- Shafarman, Steven. *Awareness Health: The Feldenkrais Method for Dynamic Health*. Addison, Wesley, 1997.
- Tellington-Jones, Linda. *The Tellington Touch*. Available through Feldenkrais Resources.
- Zemach-Bersin, David and Kaethe, and Reese, Mark. *Relaxercise*. Harper & Row, 1990. Available through Sensory Motor Learning Systems.

## **Feldenkrais Guild Publications (English)**

Note: The Feldenkrais Journal, and In Touch: The Newsletter of The FELDENKRAIS GUILD: is published by The FELDENKRAIS GUILD.

- The Feldenkrais Journal, No. 1, Autumn, 1984. Co-edited by Joly, Yvan and Beringer, Elizabeth.
- The Feldenkrais Journal, No. 2 Fall, 1986. Co-edited by Joly, Yvan and Beringer, Elizabeth.
- The Feldenkrais Journal, No. 3, 1987. Edited by Beringer, Elizabeth.
- The Feldenkrais Journal, No. 4, 1988. Edited by Beringer, Elizabeth.
- The Feldenkrais Journal, No. 5, 1989. Edited by Beringer, Elizabeth.
- The Feldenkrais Journal, No. 6, 1991. Edited by Beringer, Elizabeth.
- The Feldenkrais Journal, No. 7, 1992. Co-Edited by Goldfarb, Lawrence Wm. and Beringer, Elizabeth.
- The Feldenkrais Journal, No. 8, 1993. Edited by Beringer, Elizabeth.
- The Feldenkrais Journal, No. 9, 1994. Edited by Beringer, Elizabeth.
- The Feldenkrais Journal, No. 10, Winter, 1995. Edited by Beringer, Elizabeth.
- In Touch: The Newsletter of The FELDENKRAIS GUILD, Spring, 1994.
- In Touch: The Newsletter of The FELDENKRAIS GUILD, Summer, 1994.

- In Touch: The Newsletter of The FELDENKRAIS GUILD, Autumn, 1994.
- In Touch: The Newsletter of The FELDENKRAIS GUILD, Winter, 1994.
- In Touch: The Newsletter of The FELDENKRAIS GUILD, Spring, 1995.
- In Touch: The Newsletter of The FELDENKRAIS GUILD, Summer, 1995.
- In Touch: The Newsletter of The FELDENKRAIS GUILD, Winter, 1995.
- In Touch: The Newsletter of The FELDENKRAIS GUILD, Winter, 1996.

## **Feldenkrais Method Articles**

(Journals, Magazines, Newspapers, Pamphlets, Manuscripts)

(published in the U.S.)

- Scarr, Lew. "Taming Zoo's Wild Ass is a Hands-On Deal." San Diego Union, January 10, 1984.
- Albin, Carolyn Sue. "Adaptation." The Feldenkrais Journal, No. 2, 1986.
- Allen, Henry. "That Back's Gotta Come Out of There, Mr. Allen." The Washington Post, Health Section, April 29, 1990.
- Angel, Suze. "The Feldenkrais Method—A Personal Experience." Orange Coast Magazine, January 1986.
- Anstett, Patricia. "Moving To End Pain." Detroit Free Press, May 13, 1997.
- Bach-y-Rita, Eileen. "New Pathways in the Recovery From Brain Injury." Somatics, Vol. 3, No. 2, Spring/Summer 1981. Parts One and Two (see below) available through Feldenkrais at Home.
- "New Pathways in the Recovery from Brain Injury: Part Two." Somatics, Vol. 3, No. 4, Autumn/Winter 1981-82.
- Bate, Trish. "Motor Control Theory: A Possible Framework for the Feldenkrais Method." The Feldenkrais Journal, No. 9, 1994.
- Batson, Glenna. "Stretching Technique: A Somatic Learning Model. Part I: Training Sensory Responsivity," Impulse, The International Journal of Dance Science, Medicine, and Education, 1 (2), October 1993.
- "The Role of Somatic Education in Dance Medicine and Rehabilitation." NCMJ, 54:74-78, 1993
- Beck, Mark. "Proprioception: The Seventh Sense." Massage Therapy Journal, Winter, 1992.
- Beringer, Elizabeth. "Remembering Gaby." The Feldenkrais Journal, No. 10 Winter, 1995.
- Beringer, Elizabeth. "A Common Thread." The Feldenkrais Journal, No. 2, 1986.
- Beringer, Elizabeth and Bartusek, Marguret . "A Story of Recovery In Two Voices." The Feldenkrais Journal, No. 6, 1991.
- Berns, Terrence. "Learners Never Fail." The Feldenkrais Journal, No. 1, 1984.
- "Left Hand, Right Brain." The Feldenkrais Journal, No. 1, 1984.
- Blank, Donna. "Moving the Dance: Awareness Through Movement for Dancers." The Feldenkrais Journal, No. 3, 1987.

- Bobbe, Jennifer. "Learning the Body: Using the Feldenkrais Method to Expand Your Potential." *MetroSports Magazine*. July-August 1995, pp.68.
- Boyd, Andrew. "Moshe's Magic." *The New Orleans Times-Picayune*, October 19, 1981.
- Bratman, Steven, M.D. *The Alternative Medicine Source Book*. Lowell House, Los Angeles, 1997. Pages 164 - 171.
- Brown, E., and Kegerreis, S. "Electromyographic Activity of Trunk Musculature During A Feldenkrais Awareness Through Movement Lesson." *Isokinetics and Exercise Science*. Vol. 1, No. 4, 1991.
- Brown, S. R. "Physical Education of Moshé Feldenkrais." *Cahper Journal*, 41 (4), March/April 1975.
- Carrico, Mara. "Five Fit Ways to Blend Body and Mind." *Idea Today*, April 1996.
- Carton, Barbara. "Health Insurers Embrace Eye-of-Newt Therapy." *The Wall Street Journal Marketplace*, Jan. 30, 1995.
- Case, Linda. "The Feldenkrais Method Linda Case Speaks with Paul Rubin." *In touch, The Newsletter of the Feldenkrais Guild*, Spring, 1996.
- Casola, Angela. "Less Stress Through Awareness (Progressive Relaxation, Positive Coping)." *Dissertation Abstracts International*. Volume 51/04-B, 1990.
- Charbonneau, Susan. "Gustave." *The Feldenkrais Journal*, No. 10, Winter, 1995.
- Cherry, Laurence. "New Body Therapies Tap Inner Strength." *Science Digest*, Vol. 90, December 1982.
- Chester, John B. Jr. "Functional Integration—Treat or Treatment: Clinical Observations." *Somatics*. Vol. 3, No. 4, Spring/Summer 1982.
- "Moshe's Elusive Obvious." *In Touch, The Newsletter of the Feldenkrais Guild*, Summer, 1996.
- Clegg, Fiona. "Learning to Walk All Over Again." *Illawarra Mercury*, October 4, 1990.
- "New Movement Classes Helping Gina Stand Tall." *Illawarra Mercury*, December 6, 1990.
- Corcoran, Kevin J. "Experiential Empathy: A theory of a felt-level experience." *Journal of Humanistic Psychology*, Vol. 21, No. 1, 1981.
- Cubley, Stewart. "Feldenkrais and Yoga." *Yoga Journal*, October 1976.
- Cushman, Anne. "Do-It-Yourself Feldenkrais." *Yoga Journal*, July/August, 1991.
- Davis, C.M. "What is Empathy, and Can Empathy be Taught?" *Journal of Physical Therapy*, Vol. 70, pp. 707-712, 1990.
- Della Grotte, Josef. "Education of the Body." *Interface Journal*, Nos. 3-4, 1976.
- "The Further Reaches of Functional Integration and Awareness Through Movement and the Techniques of F.I. and ATM." *The Feldenkrais Journal*, No. 1, 1984.
- "An Undeveloped Dimension of the Feldenkrais Method." *The Feldenkrais Journal*, No. 4, 1988.
- Delman, Linda. "Tourette's Syndrome in the Midst of Life." *The Feldenkrais Journal*, No. 6, 1991.
- Denenberg, Nancy. "Functional Integration: Charting the Territory." *The Feldenkrais Journal*, No. 7, 1992.
- Di Benedetto, Angel. "A Moment with Moshe." *In Touch: the Newsletter of The FELDENKRAIS GUILD*. Winter 1994.

- Dickinson, Elizabeth. "The Martial Art of Not Changing." The Feldenkrais Journal, No. 2, 1986.
- "The Care of the Skeleton." The Feldenkrais Journal, No. 9, Winter, 1994.
- Donald, Mark. "Invasion of the Bodyworkers." D Magazine, February 1986.
- Dorko, Barrett L. "Moshe's Ambassador" Physical Therapy Forum , February 24, 1995.
- "The Importance of Reflection." Physical Therapy Forum, Vol. IX, No. 4, January 29, 1990.
- Dyer, Richard. "A Musician's Musician." Boston Globe, Arts and Film Section, April 16, 1989.
- Duke, Shelly. "Resistance as Function: From talking the talk to walking the walk." The Feldenkrais Journal, No. 8, Winter 1993.
- Duke, Stephen R. "Application of the Feldenkrais Method in Learning Music Performance." Northern Illinois University Faculty Bulletin. Vol. 54, No. 2, December, 1990.
- Duncan, Moragh. "More Brain – Less Pain." Illawarra Mercury, Jan. 12, 1991.
- Elliot, Diane and Morris, Wendy. "Bodywork: A Field Guide to Body/Mind Healing." Utne Reader, May/June, 1992.
- Ellis, Birgitta. "Feldenkrais, Physical Therapy and Research: A Literature Review." Journal of Physiotherapy Theory and Practice, Lund University, Dept. of Physical Therapy, Sweden, 1993.
- Ellis, Harold Roger. "Small Group Enactment of Dreams (Group Therapy)." Dissertation Abstracts International, Volume 51/08-B, 1990.
- Epstein, Gloria J. "Help yourself to chronic pain relief: The patient's point of view." The Manchester Group, Seattle WA, 1981.
- Evans-Delman, Linda and Delman, Russell. "The India Project." The Feldenkrais Journal, No. 3, 1987.
- Feinman, Barbara. "Where to Sell Those Leftover Lava Lamps." The Washington Post, July 24, 1988.
- Fellabaum, James, DC. "The Effect of Eye Positioning on Body Movement." The Digest of Chiropractic Economics, July/August, 1993.
- Feldenkrais, Moshe. "Personal correspondence." Newsletter of The Australian Feldenkrais Guild, May, 1993.
- Fishman, Ricky. "Natural Headache Cures." Medical SelfCare, Issue No. 53, Nov.-Dec. 1989.
- Fortinberry, Alicia. "Achieving Peak Performance."The College Edition of the National Business Employment Weekly, Fall, 1989.
- Fowler, Bob. "Olympian exercises: Kayakers are learning moves to help their aches, pains." The Knoxville News-Sentinel, December 10, 1995, Pg.AC4
- Fox, Charles. "The Feldenkrais Phenomenon." Quest, No. 7, Dec./Jan. 1978-79.
- Franklin, Betty. "'My Pain's Gone!' Restoring 'Medical Incurables' to Health." Let's Live, December 1980.
- Fried, Matt. "Elements of Psychotherapy in the Feldenkrais Method." The Feldenkrais Journal, No. 4, 1988.
- Friedman, Risa. "Great Ways for Dissolving Stress." The Entertainer, Health & Fitness Section, May 18-31, 1995, Page 35.

- Gallagher, Winifred. "The Healing Link Between Mind and Body: A Tour of California Bodywork Methods." San Francisco Chronicle, January 15, 1989.
- "Body Work History." San Francisco Chronicle, January 15, 1989.
- Gaines, Andrew. "Kinesthetic Accessing." The Feldenkrais Journal, No. 4, 1988.
- Gathright, Alan. "Mind Over Muscle." San Jose Mercury News, February 9, 1994.
- "Gently Moving Away From Pain." Press Telegram, March 15, 1994.
- Gibson, Daniel. "Movement: A Key to Good Health." Outlook, November 11, 1981.
- Ginsburg, Carl. "Feldenkrais on Learning." Interface Journal, Nos. 3-4, 1978.
- "Feldenkrais on Learning: Part II." Interface Journal, No. 5, 1978.
- "On Plasticity and Paraplegia." Somatics, Vol. 3, No. 1, Autumn 1980.
- "A Foot Is to Stand On: Some Reflexions from a Feldenkrais Perspective. Part I." Reflexions: The Journal of the Reflexology Research Project, Vol. 2, No. 3, May/June 1981.
- "A Foot Is to Stand On: Some Reflexions from a Feldenkrais Perspective. Part II." Reflexions: The Journal of the Reflexology Research Project, Vol. 2, No. 4, July/August 1981.
- "The Shake-A-Leg Body Awareness Training Program: Dealing With Spinal Injury and Recovery in a New Setting." Somatics: Vol. 5, No. 4, Spring-Summer 1986.
- "The Roots of Functional Integration: Part I— "Biology and Feldenkrais." The Feldenkrais Journal, No. 3, 1987.
- "The Roots of Functional Integration: Part II—." Communication and Learning." The Feldenkrais Journal, No. 4, 1988.
- "The Roots of Functional Integration: Part III—The Shift in Thinking." The Feldenkrais Journal, No. 7, 1992.
- "Feldenkrais & Wittgenstein." The Feldenkrais Journal, No. 9, 1994.
- "Thinking about Development: The Dynamic Systems Revolution." The Feldenkrais Journal, No. 10, Winter, 1995.
- "Moshe the Gentle Judoka." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter 1994.
- Glazier, Debra Medeiros and Glazier, Raymond, Jr. "Alternative mind and body techniques used to fight HIV infection." AIDS Alert, Vol. 4, No 11, November 1989.
- Goldberg, Leslie. "Feldenkrais-Based Exercise System Is No Sweat." San Francisco Examiner, San Francisco, CA, June 7, 1990.
- Goldfarb, Larry. "Emily's New Crutches." The Feldenkrais Journal, No. 6, 1991.
- "Why Robots Fall Down." The Feldenkrais Journal, No. 9, 1994.
- Goldman, Kathryn. "Transforming Our Intricate Body/Mind." New Texas, July/August 1981.
- Green, Blake. "He Practices the Medicine of the Future." San Francisco Chronicle, August 22, 1975.
- Griffin, C.W. "Untitled." United Press International, May 14, 1990.
- "Untitled." Times, West Warwick, RI, May 24, 1990 (UPI Release).

- "Less Sweat, More Exercise Benefits." Tribune, Salt Lake City, UT, July 15, 1990 (UPI Release).
- Gruler, Monica. "Russel and Linda Delman." The Portable Practitioner, Fall 1993.
- "Russell Delman on the Feldenkrais Method." The Portable Practitioner, Fall 1993.
- Hall, R.L. "The World As Crystallized Movement." Main Currents in Modern Thought, Vol. 31, No. 1, 1974.
- Haller, Jeff. "Feldenkrais and Falling." Aikido Today Magazine. June/July '93.
- Haller, Jeff. Sensory Motor Education and Transpersonal Psychology. Available through Feldenkrais Resources.
- "The Paradoxical Nature of Learning with Moshe." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter. 1994.
- "Thoroughly Moshe." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter 1994.
- "Moshe the Mime." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter 1994.
- "What Makes a Good Lesson." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter 1994.
- Hanna, Thomas. "Three Elements of Somatology: Preface to a Holistic Medicine and to a Humanistic Psychology." Main Currents in Modern Thought, Jan/Feb 1975.
- "Somatic Healers, Somatic Educators." Somatics, Vol. 1, No. 3, Autumn 1977.
- "Somatic Retraction." Somatics, Vol. 2, No. 2, Spring 1979.
- "A Survey of the Long-Range Effects of Functional Integration." Somatics, Vol. 2, No. 4, Spring 1980.
- "Human Awareness: The Inscrutable Factor in Somatic Science." Somatics, Vol. 2, No. 4, Spring 1980.
- "Different Levels of Somatic Education, or What Do You Do After the Miracle?" Somatics, Vol. 3, No. 3, Autumn/Winter 1981-82.
- "Somatic Education: A Scenario of the Future." Somatics, Vol. 4, No. 4, Spring-Summer 1984.
- "Moshé Feldenkrais: The Silent Heritage." Somatics, Vol. 5, No. 1, Autumn-Winter 1984-85.
- "Physical Education as Somatic Education: A Scenario of the Future." Mind and Body: East Meets West, Human Kinetics Publishers, 1986, Champaign, IL. Kleinman, S., Editor.
- "An Interview with Mia Segal" Somatics, Vol. 5, No. 3, Autumn-Winter 1985-86.
- "What Is Somatics?" Somatics, Vol. 5, No. 4, Spring-Summer 1986.
- "What is Somatics? (Part Two)" Somatics, Vol. 6, No. 1, Autumn/Winter 1986-87.
- "What Is Somatics? (Part Three)" Somatics, Vol. 6, No. 2, Spring/Summer 1987.
- "What Is Somatics? (Part Four)" Somatics, Vol. 6, No. 3, Autumn/Winter 1987-88.
- "The Green Light Reflex." Somatics, Vol. 7, No. 1, Autumn/Winter 1988-89.
- Heggie, Jack. "Awareness Through Movement and Skiing." Somatics, Vol. 2, No. 4, Spring 1980.
- "Better Skiing Through Awareness." Albuquerque Singles Scene, November 1981.

- The Aware Skier. Woodstone Books. P.O. Box 40114, Albuquerque, NM 87196, 1981.
- "Learn to Ski Naturally." Albuquerque Singles Scene, December 1981.
- "Learning to Walk in Ski Boots." Albuquerque Singles Scene, December 1982.
- "Better Skiing Through Awareness." Sportscape: The Boston Sports Journal, December 1983.
- "Good Posture and Good Skiing." El Paso Singles, February 1984.
- "Computers vs. Brains." Somatics, Vol. 4, No. 4, 1984.
- "Moshe and Narciso." In touch, The Newsletter of The FELDENKRAIS GUILD, Spring, 1994.
- "One Hour to Better Balance." Skiing, November 1984.
- "Skiing the Bumps." Boston Sportscape, November 1984.
- "Skiing the Powder." Boston Sportscape, December 1984.
- The Use of the Eyes in Movement. Woodstone Books, 1985.
- "Feeling Is Believing." Boston Sportscape, January 1985.
- "The Use of the Eyes." Somatics, Vol. 5, No. 3, Autumn-Winter 1985-86.
- "Awareness Through Movement and Karate." The Feldenkrais Journal, No. 2, 1986.
- "Awareness Through Movement." The Instrumentalist, April 1986.
- "Feldenkrais and Skiing." The Feldenkrais Journal, No. 3, 1987.
- "Unconscious Strategy Installation in Ski Instruction." Anchor Point - The International Journal for Effective NLP Communicators, August 1989.
- "Where Are Your Skis?" Northwest Skier & Northwest Sports, date unknown.
- "Stay in Touch With Your Skis." ("Where are Your Skis? Part II") Northwest Skier & Northwest Sports, January 1983.
- "To Parallel, Separate Upper- And Lower-Body Motion" Snow Country Magazine January 1990.
- "Some Thoughts on the Relationship Between: Vision-Proprioception-Kinesthetics." Journal of Behavioral Optometry, 1993, Vol. 4, No. 4.
- Heril, Michwel. "Tuning Up the Body." Interview with David Zemach-Bersin," Meditation, Spring 1991.
- Holland, Mirabai. "Mind-Body Fitness." Idea Today, Internatinal Association of Fitness Professionals, 1993.
- Holmes, Bruce. "Moshe's Healing Touch." Runner's World Magazine, April 1976.
- Hoover, Barbara. "All the Moves." Detroit News, January 8, 1990.
- Houston, Jean. "Prometheus Rebound." Technological Forecasting and Social Change, No. 9, 1976.
- Howell, Marilyn. "Somatic Education in Public School." Somatics, Vol. 3, No. 4, Spring/Summer 1982.
- Hubbard, Stanley. "The Importance of Being Upright." Ciba-Geigy Journal, No. 1, Spring 1971.

- Hunter, Bob. "'One's-Self I Sing': Walt Whitman & Moshé Feldenkrais." The Feldenkrais Journal, No. 9, 1994.
- Hutchinson, Bill and Jenkins, Beth, as told to Kip Goldreyer. "Dams and Leaks." Practical Horseman, Oct. 1986.
- Jackson, O., et. al. "Effects of Feldenkrais Practitioner Training on Motor Ability: A Video Analysis." Presentation given at APTA Conference, Denver, CO, June 14-18, 1992.
- Jackson, O.L., "Feldenkrais - Awareness Through Movement and Its Application to Physical Therapy." Physical Therapy, 1983., V63, N5.
- "The Feldenkrais Method: A Personalized Learning Model." Contemporary Management of Motor Control Problems. Proceedings of the II Step Conference, Foundation of Physical Therapy, Alexandria, VA, 1991.
- Jeter, Kris. "The Manifestation of Senses and Memory in the Obese and the Family of the Obese: An Analytic Essay with Learning Experiences." Marriage and Family Review. 1984 Spring/Summer, Vol. 7(1-2) 141-151.
- Johnson, Don Hanlon. "A Report on the First International Congress of Somatotherapy." Somatics, Vol. 7, No. 2, Spring/Summer 1989.
- "The Body: Which One? Whose?" Whole Earth Review, Issue 63, Summer, 1989.
- "The Way of the Flesh: A Brief History of the Somatics Movement." Noetic Sciences Review, Spring 1994.
- Johnson-Chase, Michael. "Expanding into Vocal Expression." The Feldenkrais Journal, No. 5, 1990.
- "Musings on the Methods," Direction, Volume 1 Number 7.
- Joly, Yvan. "Wording the Non-Verbal Process of ATM or Why Don't I Just Shut Up." The Feldenkrais Journal, No. 1, 1984.
- "A Psychologist's Loop." The Feldenkrais Journal, No. 4, 1988.
- "Question Chronicle" (untitled), Australian Feldenkrais Guild Newsletter, Vol. 2, No. 2, Winter 1989.
- Jordan, Peg. "Zap! On the Improvisational Edge." (Ruth Zaporah) American Fitness, Vol. 9, No. 1.
- Joyce, Michael. "The Physiological Learning Process." Somatics, Vol. 3, No. 2, Spring/Summer, 1981.
- Kaplan, Melvin. "Eye Movements and Respiratory Function." Visual Training, Series 1, Vol. 60, No. 9, June 1988.
- Karzen, Jerry, "Memories of Moshe Feldenkrais." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter 1994.
- Kaufmann, Elizabeth. "All the Right Moves." American Way, American Airlines & American Eagle Magazine, September, 1997.
- Kegeles, Joyce. "Comedy, Sleep and Learning: Becoming A Feldenkrais Practitioner." Spirit of Change Magazine. December 1990.
- "Mudd's Missing the Real Sewage: Letter to the Editor." Worcester Magazine, October 30, 1991.
- "Page With a View." Spirit of Change Magazine. Winter 1991/92.
- "News, Letters, and Notes." Spirit of Change Magazine. Spring 1994, Vol. 7, No. 26.
- Kegerreis, Sam, MS, PT, ATC, and Ruth, S. "Facilitating Cervical Flexion Using a Feldenkrais Method: Awareness Through Movement." JOSPT, Volume 16, pp, 25-29, July 1992.
- Keen, Sam. "Sing the Body Electric." Psychology Today, Vol. 4, No. 5, October 1970.

- Keller, Jon and Freer, Bonnie. "His Methods May Seem Bizarre But Thousands Swear by Mind-Body Guru, Moshé Feldenkrais." People Weekly, September 7, 1981.
- Kennedy, Carolyn. "Ease-Y Movements, Feldenkrais Class 'Retrains' Body's Habits." San Jose Mercury News, February 19, 1986.
- Kepmer, J. I. "Body Process: A Gestalt Approach to Working with the Body in Psychotherapy." 1987, New York: Gestalt Institute, Cleveland Press.
- Knaster, Mirka. "Thomas Hanna: Mind Over Movement." East West, Vol. 19, No 2, February 1989.
- Kramer, Laura Shapiro "A Second Seth." Family Circle , March 13, 1990
- La Forge, Ralph. "The Science of Mind-Body Fitness." Idea Today, June - July, 1994.
- Lacy, Linda. "The Many Ways of Healing: When She was all but Gone, Linda Found an Alternative." News Reporter, June 15, 1995, pp 1 and 3.
- Lader, Lawrence. "Stand on Your Head and be Healthy." Parade Magazine, October 7, 196(?).
- Lake, Bernard. "Functional Integration: A Literal Position Statement." Somatics, Vol. 4, No. 2, Spring/Summer 1983.
- "Moving Reflections." Somatics:, Vol. 6, No. 3, Autumn/Winter 1987-88.
- "Somaspsects." Somatics, Vol. 7, No. 1, Autumn/Winter 1988-89.
- Lamontanaro, Cynthia. "Flexible Minds: The Feldenkrais Method Offers New Ways of Thinking About Movement and Limitation." PT Today, July 3, 1995.
- Larronde, Suzanne. "Lessons in Living From a Septuagenarian." Modern Maturity, Vol. 25, April-May 1982.
- Leri, Dennis. "Dreams in the Warrior's Wake." The Feldenkrais Journal, No. 2, 1986.
- "Learning How to Learn."
- "Mental Furniture" (Part 1). In Touch: The Newsletter of The FELDENKRAIS GUILD. Summer 1994.
- "Mental Furniture (Part 2) – Scientific Causality and the Laws of Nature." In Touch: the Newsletter of The FELDENKRAIS GUILD. Spring, 1994.
- "Mental Furniture – Part 3, 'Galileo.'" In Touch: The Newsletter of The FELDENKRAIS GUILD. Summer 1994.
- "Mental Furniture – Piaget and the Notion of Reversibility." In Touch: The Newsletter of The FELDENKRAIS GUILD. Autumn, 1994.
- "Mental Furniture: Part One." In Touch: The Newsletter of The FELDENKRAIS GUILD. Winter 1994.
- "Independent of Heritage—Feldenkrais & Judo: Part 2. In Touch: The Newsletter of The FELDENKRAIS GUILD. Spring 1995.
- "Mental Furniture: G.I. Gurdjieff." In Touch: The Newsletter of The FELDENKRAIS GUILD. Summer 1995.
- "Mental Furniture Engineering." In Touch: The Newsletter of The FELDENKRAIS GUILD. Fall 1995.
- "Feldenkrais and Judo (Part One)." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter 1995.
- "Mental Furniture Moshe Feldenkrais: The Last Scientist and..." In Touch: The Newsletter of The FELDENKRAIS GUILD, Spring, 1996.

- "Mental Furniture The Fechner Weber Principle." In Touch: the Newsletter of The FELDENKRAIS GUILD, Summer, 1996.
- "Mental Furniture - Speransky: A Basis for the Theory of Medicine." . " In Touch: The Newsletter of The FELDENKRAIS GUILD. Fall 1996.
- "Mental Furniture: Darwinian Evolution." In Touch: the Newsletter of The FELDENKRAIS GUILD. Winter 1996.
- Leri, Dennis, and Sutherland, Lynn, (Eds.) "A Conversation: Heinz von Foerster and Moshé Feldenkrais." The Feldenkrais Journal, No. 8, Winter 1993.
- Leviton, Richard. "Claim Mirrored in its Parts?" East West, vol. 18, No. 8, August, 1988.
- "Trademarking the New Age: Can spiritual and intellectual ideas be copyrighted?" East West, Vol. 21, No. 3.
- Libman, Gary. "Getting More Mobility Out of Life: Patients Praise Feldenkrais." Los Angeles Times, Section V, Page 1, November 6, 1984.
- Lieberman, Bobbi. Three articles on Feldenkrais Method for horses. Equus, April, May, June 1983.
- The Touch That Teaches—T.E.A.M. work with Linda Tellington-Jones. An EQUUS Monograph, Fleet Street Corporation, 1983.
- Linden, Paul. "The Balance of Power." The Feldenkrais Journal, No. 2, 1986.
- "Body and Movement Awareness Education for Musicians: A Case Study Illustrating Basic Exercises and Principles." Current Research in Arts Medicine, Chapter 48.
- "Compute in Comfort: Body Awareness Training: A Day-to-Day Guide to Pain-Free Computing." Prentice Hall, 1995.
- Linklater, Kristin. "The Body Training of Moshé Feldenkrais." Drama Review, 16 March 1972.
- Loops, Janet. "The Guiding Spirit in All Human Interactions is Respect." The Feldenkrais Journal, No., 10, Winter, 1995.
- Low, J. "The Modern Body Therapies: Part Two: The Feldenkrais Method." Massage Magazine, (14), 48-52.
- Masters, Robert. "Psychophysical Education: Recovering the Body." Psychoenergetic Systems, Vol. 1, No. 3, 1976.
- "The Psychophysical Experience." Saturday Review, February 22, 1975.
- Mayer, Tommye-Karen. "Learning to Relearn." North Shore: Sunday, September 26, 1982.
- McCullough, Leah. "May You Find Peace Within Your Body." TRANS, Fall 1991, Vol. 6, No. 3.
- McCullough, Robert. "The Feldenkrais Method: Healing Through the Mystery of Movement." Spirit of Change Magazine, Winter 1993/94.
- Mead, Nathaniel. "The Rubenfeld Whole-System Approach: Innovative therapist Ilana Rubenfeld uses movement and insight to link emotions to the body." East West, Vol. 20, No 7, July 1990.
- Medicine Eagle, Brooke. "A Lesson for Moshé." The Feldenkrais Journal, No. 1, 1984.
- Meyers, Charlie. "Body by Feldenkrais, Skiers Hone Balance, Speed up Healing." The Denver Post, Colorado Living Section, Feb. 15, 1992.

- Milfred, Jeff. "Mind Over Matters: A little known relaxation method teaches the brain new ways to overcome disabilities, chronic pain and stress." Leader-Telegram, Lifestyles/health Section, pps. 1C-2C, date unknown.
- Morris, Patricia. "Relax Yourself to Health." Vista Voice, Oceanside, CA, Jan. 17, 1991.
- Morris, Richard N., M.D. "Seating Problems of Vocalists." National Association of Teachers of Singing. May/June 1992.
- Moses, David. "Book Explains Exercise That Put Ben-Gurion Upside Down." The Northern California Jewish Bulletin, October 12, 1990.
- Murray, Sydney L. "Know Thy Body: A Conversation with Mark Reese." Visions Magazine, September, 1995, pp 20.
- Myers, Martha. "Moshé Feldenkrais's Awareness Through Movement." Dance Magazine, Volume 54, Number 5, May, 1980.
- "Moshé Feldenkrais and Awareness Through Movement." (Movement Sequences for the Dancer) Dance Magazine, Vol. 57, August, 1983, (Special Dancemagazine Pullout section), pp. 13-15.
- "When Classes are not Enough: Body Therapies Why, Which, and When." Dance Magazine, Vol. 63, No. 7, July 1989.
- Narula, M., et al. "The Effects of a Six-Week Feldenkrais Method on Selected Functional Parameters in a Subject with Rheumatoid Arthritis." Presentation given at APTA Annual Conference, Denver, CO, June 14-18, 1992.
- "Treatment Based on posture perks up." The Star, Venture County, California, June 2, 1997.
- Navon, Doron. Interview, "Another Side of Moshé." The Feldenkrais Journal, No. 2, 1986.
- Nelson, Samuel H. "Playing with the Entire Self: The Feldenkrais Method and Musicians." Seminars in Neurology, Vol. 9, No. 2, pp.97-104, June 1989.
- Newell, Garet. "Moshé Feldenkrais: A Biographical Sketch of His Early Years." The Feldenkrais Journal, No. 7, 1992.
- Newman, Donna Joy. "The Feldenkrais Method for Pain: Move for Change." Chicago Tribune, May 20, 1980.
- Novak, Josephine. "Miracle Worker Takes Away the Pain." The Baltimore Evening Sun, September 21, 1981.
- Ofir, Robbie, P.T. "The Feldenkrais Method: On the Importance and Potency of Small and Slow Movements." Physical Therapy Forum, Vol. 9, No.42, October 29, 1990.
- "On Structure and Function." Physical Therapy Forum, April 12, 1991.
- "Some More on Structure and Function." Physical Therapy Forum, August 30, 1991.
- Ososki, Paula. "Clock Credited." Idea Today, September, 1995.
- Orey, Dave. Modern Stockman's Horsin Around, February 1983.
- O'Toole, Kelly. "Feldenkrais Versus Myofascial Release: An Overview." RTN InnerMission: Time Out for Information Critical to Professional Growth. March 1, 1995.
- Panarello-Black, Donna. "P.T.'s Own Back Pain Leads Her to Start Feldenkrais Training." P.T. Bulletin, Vol. 7 No. 14, April 1992.
- Parrino, Renata. "Saving Cimarron." Equus, September 1986.
- Peterson, Vicki. "The Mind Shapes the Body." Vogue, October, 1982.
- Pfeffer, Myriam. "A Talk about the Feldenkrais Method." The Feldenkrais Journal, No. 7, 1992.

- "In Memory of Gaby Yaron." In Touch: The Newsletter of The FELDENKRAIS GUILD. Fall 1995.
- Piantadosi, Roger. "Inner Washington." The Washington Post, Health Section, February 2, 1990.
- Picker, Lauren. "Posture, Please!" Self Magazine. February 1996, pg. 123.
- Pierpont, Margaret. "A Conversation with Norma Leistiko." (Teaching Feldenkrais Awareness Through Movement.) Dance Magazine, Vol. 54, May 1980.
- "A Conversation with Norma Leistiko." (Use of Halprin and Feldenkrais Therapy), Dance Magazine, Vol. 57, August, 1983.
- Pinto, Susan D. "Jean Piaget: Play and Learning." The Feldenkrais Journal, No. 9, Winter 1994.
- "Baby B." The Feldenkrais Journal, No. 10, Winter 1995.
- Pippen, Judy. "Musing on MATURANA." Newsletter of the Australian Feldenkrais Guild, January, 1995.
- Pixa, Bea. "Freedom from a Pain in the Back." San Francisco Examiner, March 20, 1981.
- Powell, J. Robin. "Body Awareness: The Kinetic Awareness Work of Elaine Summers (Movement, Dance, Behavior)." Dissertation Abstracts International. Volume 46-03-A, 1985.
- Purcell, Michael. "A Summer with Moshé Feldenkrais." The Whole Life Times, September/October 1980.
- "The Somatopsychic Growth Process: Where West Meets East." Community Spirit, March 1982.
- "Expanding into Vocal Expression." The Feldenkrais Journal, No. 5, 1990.
- "Kathy: A Case Study." The Feldenkrais Journal, No. 8, Winter 1993.
- Questel, Alan. "But Do You Think You Can Help Me?" The Feldenkrais Journal, No. 6, 1991.
- Rappaport, Bernard S. "Carnal Knowledge: What the wisdom of the body has to offer psychotherapy." Journal of Humanistic Psychology, Volume 15, No. 1, 1975.
- Ray-Reese, Donna. "The Case of Christy." The Feldenkrais Journal, No. 10, Winter 1995.
- Rector, Sandra. "Touch Therapy Comes to Animals: Linda Tellington-Jones calms and heals horses, pets, and zoo animals with her unique hands-on training." East West, Vol. 20, No. 1, January 1990.
- Reed, Carla Oswald. "Implications of Intervention Strategies." The Feldenkrais Journal, No. 10, Winter 1995.
- Reese, Mark. "Awareness Through Movement." Wholistic Living News, October, 1979.
- "Making Our Movement More Human: The Feldenkrais Method." Whole Person Calendar, February 1982. Holistic Health Focus, Vol. 4, No. 4, February 1982.
- "A Bibliography of the Feldenkrais Method." Somatics, Vol. 4, No. 4, Spring-Summer 1984. Revised edition published by the Feldenkrais Guild, 1992.
- "Moshé Feldenkrais's Work with Movement: A Parallel Approach to Milton Erickson's Hypnotherapy." The Feldenkrais Journal, No. 1, 1984. Ericksonian Psychotherapy, Volume I. Jeffrey K. Zeig, Editor. Brunner/Mazel, 1985. Reprints available through the Reese Movement Institute.

- "Moshé Feldenkrais's Verbal Approach to Somatic Education: Parallels to Milton Erickson's Use of Language." *Somatics*, Vol. 5, No. 3, Autumn-Winter 1985-86. Hypnotic and Strategic Interventions. Michael D. Yapko, Editor. Irvington Publishers, 1986. Reprints available through the Reese Movement Institute.
- "Jill: Notes Towards A Case Study." *The Feldenkrais Journal*, No. 3, 1987.
- "The Thinking Body." Approximately 40 newspaper columns. *Wholistic Living News*, San Diego, California, 1982-88.
- "The Feldenkrais and Erickson Connection (Parallels), Part I: Working with Primary Processes." *NLP Connection*, April-June, 1990.
- "Feldenkrais and Erickson Parallels, Part II." *NLP Connection*, July-Sept, 1990.
- "Feldenkrais and Erickson Parallels, Part III: Biologically-Based Learning Strategies." *NLP Connection*, Oct-Dec, 1990.
- "Feldenkrais and Erickson Parallels, Part IV: Indirect Learning Strategies," *NLP Connection*, January-February, 1991.
- "Feldenkrais and Erickson Parallels, Part V: Re-Languaging Somatic Difficulties," *NLP Connection*, March-April, 1991.
- "Function: Realizing Intentions." *The Feldenkrais Journal*, No. 7, 1992.
- Reichley, Melissa. "Experience Required: Physical Therapist Teaches Feldenkrais Method." *Advance for Physical Therapists*, March 28, 1994.
- Reinhardt, Cheryl. "Aikido and the Feldenkrais Work." *The Feldenkrais Journal*, No. 2, 1986.
- Rennie, Philip. "Attitude Exercises & Movement for Growth and Control." *Rydgges*, June 1986 (Australia).
- Ridgeway, Leslie. "Several Local Offerings Can Make Working Out a Real Treat." *Blade Citizen*, San Diego, CA, October 8, 1990.
- "Alternative Fitness Ideas: Exercise Need Never be Boring." *Blade-Citizen*, San Diego, CA, October 8, 1990.
- Roberts, Brian; Jordan, Peg. "Get into the Flo." *American Fitness*, Vol. 8, No. 6, Nov.-Dec., 1990.
- Rosenfeld, Albert. "Teaching the Body to Program the Brain is Moshé Feldenkrais's Miracle." *Smithsonian*, Vol. 11, No. 10, January 1981.
- Rubin, Paul. "A Case Study." *The Feldenkrais Journal*, No. 4, 1988.
- Rubinfeld, Ilana. "Beginner's Hands: Twenty-five Years of Simple Rubinfeld Synergy—The Birth of a Therapy." *Somatics*, Vol. 6, No. 4, Spring/Summer 1988.
- Ruth, Suzanne, MS, PT, and Kegerreis, Sam, MS, PT, ATC. "Facilitating Cervical Flexion Using a Feldenkrais Method: Awareness Through Movement." *JOSPT* Volume 16 number 1 July 1992.
- Ryan, Thomas. "The Feldenkrais Method: A Brand New Pain and Illness Free Body." *New Realities*, Vol. 2, June 1978.
- Rywerant, Yochanan. "The Creative Process as Seen in Functional Integration." *Somatics*, Vol. 1, No. 4, Spring 1972.
- "Improving the Ability to Perform." *Somatics*, Vol. 1, No. 2, Spring 1971.
- "The Story of Hanoch's Return to the Flute." *Somatics*, Vol. 2, No. 3, Autumn 1979.
- "The Problem of Pain Produced by Faulty Functioning." *Somatics*, Vol. 3, No. 2, Spring/Summer 1981.
- "Self-Image and Function; An Experience with Moshe Feldenkrais." *Somatics*, Vol. 9, No. 4, Spring/Summer 1994.

- "In Memorium: Moshé Feldenkrais 1904-1984." *Somatics*, Vol. 5, No. 1, Autumn-Winter 1984-85.
- Sample, Bob. "Healing Animals With Feldenkrais Techniques." *Australian Wellbeing*, No. 15, 1986.
- Sarantakis, Carolyn, Brown, Barbara & Finney, Susan. "Effects of a Feldenkrais-Based Mobility Program On Function Of A Healthy, Elderly Sample." Master of Science in Physical Therapy, Thesis, 1996.
- Scandura, Janette; Sherman, Jean. "Good Ways to Stop a Bad Back." *Working Woman*, Vol. 13, Issue 2, February 1988.
- 
- Schenkman, Margaret; Donovan, Jose; Tsubota, Joanne; Kluss, Molly; Stebbins, Patricia; Butler, Russell B. "Management of Individuals with Parkinson's Disease: Rationale and Case Studies." *Physical Therapy*, Vol. 69, No. 11, November 1989.
- Schenkman, Margaret; Butler, Russell B. "A Model for Multisystem Evaluation, Interpretation and Treatment of Individuals with Neurologic Dysfunction." *Physical Therapy*, Vol. 69, No. 7, July, 1989.
- Seelig, Julie; and Kegeles, Joyce. "An Achilles Heal." *Spirit of Change Magazine*, Nov./Dec. 1995.
- Segal, Mia. "An Interview with Mia Segal" *Somatics*, Volume 5, No. 3, Autumn/Winter 1985-86.
- Shafarman, Steven. "In pain, nuclear scientist began studying healing." *The Star*, Venture County, California, June 2, 1997.
- Sheets-Johnstone, Maxine. "The Work of Dr. Moshé Feldenkrais." *Contact Quarterly*, Fall 1979.
- Shelhav, Chava. "Feldenkrais Method With Cerebral Palsy Children." Master's thesis, published by Feldenkrais Resources, Berkeley, California, 1989.
- "Movement as a Model of Learning." *The Feldenkrais Journal*, No. 10, Winter 1995.
- Sieben, Irene. "The Art of Learning to Learn." *Ballet International*, March 1994
- "The Nature of Human Movement: Irene Sieben on the new standard work for Feldenkrais Method by Ruthy Alon." *Ballet International*, July, 1995.
- Simmons, Diane. *Horse and Rider*, October 1982.
- Singer, Amy. "Learning to Move." *Advocate*. Amherst, MA, date unknown.
- Smyth, Cliff. "An Extraordinary Learning Experience: An Interview with Jerry Karzen about the Amherst Video Tapes" *International Feldenkrais Federation Newsletter*, April - May, 1997.
- Sofer, Dalia. "The Feldenkrais Method." *HealthMap Magazine*, June-July 1995, pp. 18-19.
- Speer, Jim. "The Feldenkrais Method." *Today's Family Health*, Pinellas County Osteopathic Medical Society, Winter 1995.
- Spencer, Robert. "A Lesson With Tears: Functional Integration or Psychotherapy?" *The Feldenkrais Journal*, No. 4, 1988.
- Spino, Mike. "Feldenkrais Exercises: A Revolutionary Training Method." *Esalen Sports Center Newsletter* (1970s).
- Spire, Mary. "The Feldenkrais Method: An Interview with Anat Baniel." *Medical Problems of Performing Artists*, Vol. 4, No. 4, December, 1989.

- Stahl, Claudia. "Ergonomics of Music: preventing Overuse Injuries Through Lifestyle Changes." *ADVANCE for Physical Therapists*, Feb. 1, 1993.
- Stedman, Nancy. "Is Your Job a Pain in the Neck?" *Daily News (New York)*, July 23, 1990.
- "Some End of Day Stress May Be Result of Posture From Slumping at a Desk." *Tucson Daily Star*, August 25, 1990.
- "Experts Offer Exercise for Desk Jockey Malady." *Missoulian*, Missoula, MT, September 12, 1990; *Times-Picayune*, New Orleans, LA, September 16, 1990; *News-Herald*, Panama City, FL, September 16, 1990.
- "Relaxercise Can Help Relieve Desk-Job Tension. *Mercury-News*, San Jose, CA, August 15, 1990; *Republican-American*, Waterbury, CT, August 7, 1990; *Herald*, Bradenton, FL, August 12, 1990; *Sun Herald*, Biloxi-Gulfport, MS, August 7, 1990; *Tribune*, Columbia, MO, August 17, 1990; *News*, Lima, OH, August 15, 1990; *Tribune-Chronicle*, Warren, OH, August 25, 1990.
- "Relaxercise to Ease Office Stress." *Foothill Leader*, Glendale, CA, August 1, 1990; *News Press*, Glendale, CA, August 1, 1990; *Courant*, Hartford, CT, August 13, 1990; *News*, Boca Raton, FL, July 31, 1990; *News-Chief*, Winter Haven, FL, July 28, 1990; *Ledger-Enquirer*, Columbus, GA, Aug. 2, 1990; *ID*, Twin Falls, ID, July 30, 1990; *Herald Review*, Decatur, IL, Aug. 1, 1990; *World-Herald*, Omaha, NE, Aug. 6, 1990; *Review-Journal*, Las Vegas, NV, July 31, 1990; *Journal*, Albuquerque, NM, Aug. 6, 1990; *Enterprise*, High Point, NC, July 27, 1990; *Beacon Journal*, Akron, OH, July 29, 1990; *Business Chronicle*, Tulsa, OK, July 30, 1990; *News*, Greenville, SC, Aug. 7, 1990; *Sun-News*, Myrtle Beach, SC, July 29, 1990; *Herald-Journal*, Spartanburg, SC, July 29, 1990; *Enterprise*, Beaumont, TX, July 31, 1990; *News-Journal*, Longview TX, July 29, 1990; *Standard Examiner*, Odgen UT, Aug. 8, 1990; *Northwestern*, Oshkosh, WI, Aug. 6, 1990; *Gazette*, Janesville, WI, Aug. 7, 1990.
- "A Gentle Alternative to Tame Tense Muscles." *San Jose Mercury News*, August 15, 1990.
- Stocker, Carol. "Give Them the Holistic Life." *Boston Globe*, Living Section, December 16, 1985.
- Strauch, Ralph. "An Egalitarian Model for Feldenkrais Continuing Education." *The Feldenkrais Journal*, No. 1, 1984.
- "T'ai Chi and Feldenkrais." *The Feldenkrais Journal*, No. 2, 1986.
- "Functional Integration and the Feeling-Sense." *The Feldenkrais Journal*, No. 4, 1988.
- "The Somatic Consequences of Emotional Trauma." *Somatics*, Vol. 7, No. 1, Autumn/Winter 1988-89.
- Sugine, Pauline. "Free at Last: Feldenkrais Accesses the Body's Potential to Feel and Perform Better." *American Fitness*, Nov./Dec. 1993, pp 44-46.
- Sullivan, Barbara. "Health and Fitness—A Healing Touch Can Re-Educate the Nervous System to Quash Pain." *Chicago Tribune*, February 28, 1990.
- Sullivan, Claudia Norene. "Movement Training for the Actor: A Twentieth-Century Comparison and Analysis." *Dissertation Abstracts International*. Volume 48-08-A, 1987.
- Talmi, Alon. "First Encounters with Feldenkrais: A Reminiscence." *Somatics*, Vol. 3, No. 1, Autumn 1980.
- "Functional Integration in Psychiatric Treatment." *Somatics*, Vol. 3, No. 2, Spring/Summer 1981.
- "Notes on Functional Integration, I." *Somatics*, Vol. 4, No. 1, Fall/Winter 1982.
- "Notes on Functional Integration, II." *Somatics*, Vol. 4, No. 4, Spring/Summer 1984.
- "Training the Whole Person." *Training and Development Journal*, Vol. 38, November 1984.

- "FIVE Women: How Individual Feldenkrais Work Helps Resolve Psychological Problems." *Somatics*, Vol. 10, No. 4, Spring/Summer, 1996.
- Taylor, Peggy. "The Magic of Moshé Feldenkrais." *New Age*, December 1981.
- Terry, Kelly. "Kinder, Gentler Way to Exercise is Developed." *The San Diego Union-Tribune*. Date unknown.
- Thomas, Ryan. "The Feldenkrais Method: A Brand New (Pain & Illness Free) Body." *New Realities*, Vol. 2, No. 2, June 1978.
- Thomson, Bill. "The Great Certification Debate: The Bodywork Community is Split Over the Need for National Standards." *East West*, Vol 20, No. 7, July 1990.
- "Choosing a Qualified Bodyworker." *East West*, Vol. 20, No. 7, July 1990.
- Tobacman, Janet. "Rites of Passage." *The Feldenkrais Journal*, No. 7, 1992.
- "The Chances I Take." *The Feldenkrais Journal*, No. 7, 1992.
- Tomlin, Pat. "The Feldenkrais Method: Profound Simplicity." *Become Magazine*, December/January 1978-79.
- Unknown author. "Moshé Feldenkrais: Poetry in Motion for a Hassled Capital." *Washington Post*, October 29, 1978.
- Unknown author. "How to Soften Your Horse's Defenses." *Practical Horseman*, July/August 1981.
- Unknown author. "The Touch That Teaches." *Horsetrader*, March 1, 1984.
- Unknown author. "Movement Brings Awareness". *The Albany Observer*, February 1989.
- Unknown author. "New Movement." *Vogue*, June, 1990.
- Unknown author. "Don't Carry Items on Your Shoulder." *Bottom Line*, August 30, 1990, p. 15.
- Unknown author. "Relax, It's Good for You." *Enquirer*, Cincinnati, OH, May 13, 1990.
- Unknown author. "Easy Exercise Has Less Sweat, More Concentration." *Record-Courier*, Ravenna, OH, June 3, 1990.
- Unknown author. "New Exercise Calls for Concentration." *Atlanta UPI*, Aug. 22, 1990.
- Unknown author. "Promote Productivity, Prevent Injuries, and Be More Comfortable at the Office." *Carmel Valley News*, March 15, 1991.
- Unknown author. "Voice Dialogue, Feldenkrais Releases Tensions," *New Visions Journal*, April 1991.
- Unknown author. "Which Natural Healing Practitioner Is Best For You?" *Delicious Health Magazine*, March, 1995.
- Unknown author. "Fitness: Reach Out and Touch." *WBeauty*, July 1995, pgs. 46-48.
- Van Why, Richard P. *Bodywork Abstracts*. 1989 Edition.
- Verin, Layna. "The Teaching of Moshé Feldenkrais." *The Graduate Review*, June 1979. Reprinted in *Your Body Works*, Gerald Kogan (ed.). Berkeley: Transformations Press, 1980
- Walford, Lynn. "Touched by Feldenkrais." *New Age Journal*, May/June 1997, Vol. XIV, Issue 3. pgs. 51-54.
- Walker, Arlyn Zones. "Madeline." *The Feldenkrais Journal*, No. 8, Winter 1993.
- Weiner, Martin H. "Beyond Technique." *The Feldenkrais Journal*, No. 2, 1986.

- "Aesthetic Consciousness in Functional Integration," The Feldenkrais Journal, No. 7, 1992.
- "The Feldenkrais Method: Clinical Applications." Physical Therapy Forum, Vol. 5, No. 8, February 19, 1986.
- "Emotional Learning: Developing Emotional Intelligence." The Feldenkrais Journal, No. 4, 1988.
- "Learning—The Missing Link in Physical Therapy." Physical Therapy Forum, Vol. 7, No. 6, February 8, 1988.
- "Research Report." The Feldenkrais Journal, No. 4, 1988.
- "Pleasure." The Feldenkrais Journal, No. 6, 1991.
- Wildman, Frank. "A Motor Learning Approach to Orthopaedic Dysfunction: The Feldenkrais Method."
- "Body Awareness." Nature & Health, date unknown.
- "The Feldenkrais Method: Clinical Applications." Physical Therapy Forum, Vol. V, No. 8, Feb. 19, 1986.
- "The Physical Act of Thinking." Australian Wellbeing, No. 22, '87.
- "Learning—The Missing Link in Physical Therapy." Physical Therapy Forum, Vol. VII, No. 6, Feb. 8, 1988.
- "A Motor Learning Approach to Orthopaedic Dysfunction: The Feldenkrais Method." A Presentation at the annual conference of the International Federation of Orthopaedic Manipulative Therapists, Vail, CO, June 5, 1992.
- "Brain Matters in Therapy to Change Painful Habits." Melbourne Herald-Sun, 1993.
- "Body Moves: The Feldenkrais Physical Therapy Method Heals Through the Mystery of Movement." Willamette Week, March 11-17, 1993, pp 23-24.
- "Using Available Energy: Movement for Elderly." Advance for Physical Therapists, March 6, 1995, Vol. 6, No. 9.
- "Learning How to Learn Through the Body: Training in the Feldenkrais Method." Information Press, June 12 - July 13, 1995, Vol. 4, Issue 10.
- "Life with Moshe."
- Williams, Jack. "RELAXercise Technique Melds Brain, Body." San Diego Tribune, October 8, 1990.
- "Rolling Along to Reprogram Spine and Pelvis." San Diego Union-Tribune, September 5, 1993.
- Williams, Joanne. "Feldenkrais: Its Secret Is Slowly Being Unveiled." San Francisco Chronicle. November 7, 1986.
- Williams, Kelly L. "Muscle Sense." USAir Magazine, November 1992.
- Wurm, Franz. "A Body to Mind." Somatics, Vol. 5, No. 4, Spring/Summer 1986.
- "Moshe: Man or Monster." In Touch: the Newsletter of The FELDENKRAIS GUILD. Spring, 1994.
- Wyschogrod, E. "Empathy and Sympathy as Tactile Encounter." J. Med. Philos. Vol. 6, pp. 25-43, 1981.
- Yardley, Jonathan. "Jonathan Yardley Ruminations and Regrets." The Washington Post, Section X, November 11, 1984.
- Yaron, Gabriella. "Experiences With The Feldenkrais Method." Somatics, Autumn/Winter 1986-87.
- "My Left Hip." The Feldenkrais Journal, No. 6, 1991.

- Young, Stephanie. "Help for Shoulder Stress." *Glamour*, November, 1990.
- Zemach-Bersin, David. "Interview with Benjamin Zemach." *The Feldenkrais Journal*, No. 6, 1991.
- "No Pain, No Strain, Just Gain." *Radiance*, Fall 1991
- "An Interview with Ann Gerald." *The Feldenkrais Journal*, No. 8, Winter 1993.

## **Feldenkrais Method Articles Published Outside the U.S.**

(Journals, Magazines, Newspapers, Pamphlets, Manuscripts)

### **Australia**

- Auburn, Penny. "F.M. Alexander & Moshé Feldenkrais." *Austat Journal*, Vol. 1, No. 1).
- Chan, Charmaine. "Feldenkrais Bodywork." *Nature & Health*, 1990.
- Dornan, P. "Feldenkrais: Useful Adjunct for Therapists?" *Sport Health* Volume 8, No. 3, September 1990.
- Hall, David. "The Pursuit of Poise," *Directions: The Journal of the Alexander Method*, Volume 1, Number 7. Sydney.
- "ATM Lesson," *Directions: The Journal of the Alexander Method*. Sydney., Volume 1, Number 7. Sydney.
- "Alexander and Feldenkrais: Calming the Waters." *Directions: The Journal of the Alexander Method*. Sydney.
- Hardey, Linda. "The Feldenkrais Approach." *National Sports Physio Group Newsletter*, April 1988.
- Jacobs, Eva. "Feldenkrais Exercise: Awareness Through Movement." *Australian Wellbeing*, November/December 1985.
- Jowsey, Richard. "Somatic Gestalt." *At the Boundary*, September 1986.
- Kaminsky, Leah. "Having a Mind to Move With Ease." *The Age*, August 23, 1989.
- Kaufmann, Sue. "The Alexander Technique & The Feldenkrais Method: A Personal Comparison." Source unknown.
- Lake, Bernard. "Acute Back Pain: Treatment by the application of Feldenkrais principles." *Australian Family Physician*, Vol. 14, No. 11, November 1985.
- Riordan, Kate. "Soundness in Horses—Evaluating the Entire Body." *Hoofs and Horns*, September 1985.
- "Increasing Length of Stride With Front Leg Exercises." *Hoofs and Horns*, January 1986.
- "Improving Performance With Hind Leg Exercises." *Hoofs and Horns*, March 1986.
- "Influencing Behavior and Performance." *Hoofs and Horns*, April 1986.
- Unknown author. "Body Work." *FMG*, Jun/Jul, 1990.
- Wildman, Frank. "Body Awareness -- Learning to Think With the Body." *Nature for Health*, early 1980s.
- "The Physical Act of Thinking." *Australian Wellbeing*, No. 22, 1987.

### **Canada**

- Evans-Bell, Hillair. "T.E.A.M. Work With Your Horse." *The Corinthian*. Date unknown. T.E.A.M. Newsletter, Edmonton, 1980.

- Gutman, Gloria, Herbert, C. P. and Brown, S. R. "Feldenkrais vs. Conventional Exercises for the Elderly." *Journal of Gerontology*, Vol. 32, No. 5, 1977.
- Macaluso, Grace. "No More Bad Habits." *The Windsor Star, Health and Fitness Section*, Oct. 5, 1992.

#### Belgium

- Frydman, M., Frydman, P. "Psychological and Physiological Repercussions of Body-Awareness Training." *Revue de Psychologie Appliquee* Volume 32, No. 2, 1982. (English Abstract, 1984, American Psychological Association).

#### New Zealand

- Luypers, W.F. "The Feldenkrais Approach." *New Zealand Journal of Physiotherapy*, Vol. 18, No.2, August 1990.
- Author Unknown. "Learning—The Missing Link in Physical Therapy. A Radical View of the Feldenkrais Method." *New Zealand Journal of Physiotherapy*, Vol. 18, No. 2, August 1990.
- Author Unknown. "The Feldenkrais Method: Clinical Applications." *New Zealand Journal of Physiotherapy*, Vol. 18, No. 2, August 1991.

#### Portugal

- De Oliveira, Marcia Martins. "O Metodo Feldenkrais: A Vida em Movimento." *Revista De Psicologia Viver (Portuguese)*, Ano-I, No. 13 Editora Voar, 1986.
- "Feldenkrais A magia Do Movimento." *Revista Planeta* , No. 157, Editora Grupo De Comunicacao 3, October 1985.

### Books Citing The Feldenkrais Method

- Bartial, Lea and Neeman, Nira. *Movement, Awareness and Creativity*. Harper & Row, 1975.
- Bratman, Steven. *The Alternative Medicine Sourcebook*. Lowell House, Los Angeles & Contemporary Books, Chicago, 1997. Pages 164 - 171.
- Bresler, David E., with Trubo, Richard. *Free Yourself From Pain*. Simon & Schuster, 1979.
- Dychtwald, Ken. *Bodymind*. Jove Publications Inc., 1977.
- Feltman, John (ed.). *Hands-On Healing*. Rodale Press, Inc., 1989.
- Fine, Judy Laine. *Conquering Back Pain*. Prentice Hall, 1987.
- Geis, Larry (ed.). *The New Healers*. And/Or Press, Inc., 1980.
- Ginsburg, Carl. *Medicine Journeys. Short stories. Fiction*, 1992.
- Gordon, James S. *Manifesto for a New Medicine—Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies*. Addison-Wesley, May 1996. Page 137
- Green, Elmer and Alyce. *Beyond Biofeedback*. Delacorte Press, 1977.
- Haller, Jeffrey. *Sensory Motor Education and Transpersonal Psychology*. 1988 (Bound photocopied doctoral dissertation.) Available through Feldenkrais Resources.
- Houston, Jean. *A Mythic Life—Learning to Live our Greater Story*. NewYork: Harper San Francisco, 1996.
- Hutchinson, Marcia Germaine. *Transforming Body Image*. The Crossing Press, 1985.

- Leigh, William S. *A Zen Approach to Body Therapy: From Rolf to Feldenkrais to Tanouye Roshi*. Institute of Zen Studies, Honolulu, 1987.
- Marrone, Robert. *Body of Knowledge*, pp 44.
- Masters, Robert and Houston, Jean. *Listening to the Body*. Delacorte, 1978.
- Matson, Katinka. *The Psychology Today Omnibook of Personal Development*. William Morrow, New York, 1977.
- Ristad, Eloise. *A Soprano on Her Head*. Real People Press, 1982.
- Robbins, Anthony. *Unlimited Power*. Simon & Schuster, 1986.
- Schutz, Will. *Profound Simplicity*. Bantam, 1979.
- Smith, Adam. *Powers of Mind*. Random House, 1975.
- Stransky, Judith, with Stone, Robert B. *The Alexander Technique*. Beaufort Books, Inc., 1981.
- Watson, Shane, with Pritchard, Mary. *The Massage & Bodywork Resource Guide*. Orenda/Unity Press, 1983.
- Weil, M.D., Andrew. *Spontaneous Healing*. Publisher unknown. pp 240-241.
- Wolinsky, Stephen, Ph.D. with Ryan, Margaret O. *Trances People Live: Healing Approaches in Quantum Psychology*.
- Ulene, Art. *Feeling Fine: A 20-Day Program of Pleasures for a Lifetime of Health*. Ballantine Books (by arrangement with St. Martin's Press), 1978.
- *Positive Living and Health: The Complete Guide to Brain—Body Healing and Mental Empowerment*. Rodale Press, Inc., 1989. (Compiled by editors of Prevention magazine.)

## **Book, Audio and Video-tape Reviews**

- Reviews of *Body and Mature Behavior: A Study of Anxiety, Sex, Gravitation and Learning* by Moshé Feldenkrais: *New England Journal of Medicine*. *Quarterly Review of Biology*. *Saturday Review of Literature*, No. 33, July 8, 1950.
- Reviews of *Awareness Through Movement: Health Exercises for Personal Growth* by Moshé Feldenkrais: *Book Review Digest*, 1973. *Booklist*, No. 69, November 1972. *Choice*, No. 10, March 1973. *Library Journal*, No. 97, 1972.
- Reviews of *The Case of Nora* by Moshé Feldenkrais: *Brain/Mind Bulletin*, Vol. 2, No. 20, 1977. *Somatics*, Vol. 1, No. 3, Autumn 1977.
- Review of *The Elusive Obvious* by Moshé Feldenkrais: *Somatics*, Vol. 3, No. 4, Spring/Summer 1982. *Material for Thought*, Autumn, 1986. Far West Editions, SF, CA.
- Reviews of *The Potent Self: A Guide to Spontaneity* by Moshé Feldenkrais: Toolan, David. *Commonweal*, October 4, 1985. Vol. 112, pg. 536. Eannarino, Judith, *Library Journal*, May 15, 1985. Vol. 110, pg. 69. *Material for Thought*, Autumn, 1986. Far West Editions, SF, CA.
- Reviews of *Running With the Whole Body: A 30-Day Program to Running Faster With Less Effort* by Jack Heggie: "The 'Drive Point' of Running.": *Somatics*, Vol. 7, No. 3, Autumn/Winter 1987-88. "Between the Lines." *Metroweek*, August 20, 1987. "Whole Body Running," by Clark M. Thomas. *Circle of Light*, Dallas, Texas, August 1987.
- Reviews of *Relaxercise: The Easy New Way to Health & Fitness* by David Zemach-Bersin, Kaethe Zemach-Bersin, and Mark Reese: "Feldenkrais Self-Help," by Deanne Stone, *Yoga Journal*. September/October 1990. "Feldenkrais For Everyday Use," by Alicia Fortinberry, *Wholistic Living News*, May 1990. "Two New Books Bringing Moshé To The Public At Large," by Carl Ginsburg, *The Feldenkrais Journal*, No. 6, 1991. "Relaxercise, The Easy New Way to Health

and Fitness," Whole Life Times, Feb. 1991. "Relaxercise," by Stephen Francis, M.A., California Biofeedback Newsletter, Spring 1991. "Worth Getting," by Suzan Richmond, Changing Times, April 1991. "Relaxercise: The Easy New Way to Health & Fitness, Based on the Acclaimed Work of Dr. Moshé Feldenkrais." Somatics 1993.

- Review of the Relaxercise Audio-Tape Series by Mark Reese and David Zemach-Bersin: "Relaxercise," by Richard Rosen, Yoga Journal, Sept./Oct. 1991.
- Review of Reawakening the Mind's Control of Movement, Flexibility, and Health by Thomas Hanna: "Two New Books Bringing Moshé To The Public At Large," by Carl Ginsburg, The Feldenkrais Journal, No. 6, 1991.
- Reviews of Mindful Spontaneity: Moving in Tune with Nature: Lessons in The Feldenkrais Method by Ruthy Alon: "Bringing Feldenkrais Into The Living Of Your Life," by Carl Ginsburg, The Feldenkrais Journal, No. 6, 1991.
- Review of The Feldenkrais Method by Yochanan Rywerant: Los Angeles Times Book Review, Nov. 13, 1983.
- Review of "Feldenkrais at Home." Audiotape series by Eileen Bach-y-Rita: "Feldenkrais at Home," Total Health, Vol. 12, No 6.
- Review of Basic Lessons and Awareness Through Movement with Stephen Rosenholtz: Yoga Journal, Sept./Oct. 1990.

## **Feldenkrais Method Video and Audio-Tapes**

(To order tapes listed here, see the Resource Directory at the beginning.)

- Alon, Ruthy. Advanced Seminar for Feldenkrais Teachers. (4 extended lessons.) 1984. Available through Feldenkrais Resources.
- The Grammar of Spontaneity, Vol. I. (10 lessons.) 1980. Available through Feldenkrais Resources.
- The Grammar of Spontaneity, Vol. II. (7 extended lessons.) 1980. Available through Feldenkrais Resources.
- Movement Nature Meant. (30 min. video-tape) Available through Feldenkrais Resources.
- Bach-y-Rita, Eileen. Introductory Cassette. Available through Feldenkrais at Home.
- Aligning Your Body. (3 cassettes.) Available through Feldenkrais at Home.
- Your Upper Body. (3 cassettes.) Available through Feldenkrais at Home.
- Your Lower Body. (3 cassettes.) Available through Feldenkrais at Home.
- Della Grotte, Josef. Eight Basic Movements. (8 lessons.) Available through Mr. Della Grotte.
- Series I - Beginning Course. (8 lessons.) Available through Mr. Della Grotte.
- Series I1- Further Progressions. (8 lessons.) Available through Mr. Della Grotte.
- Movements to Improve Sitting. (2 lessons.) Available through Mr. Della Grotte.
- Movements to Improve Walking. (8 lessons.) Available through Mr. Della Grotte.
- Movements for Running. (2 lessons.) Available through Mr. Della Grotte.
- Movements for Swimming. (2 lessons.) Available through Mr. Della Grotte.
- The Sun Salutation Yoga Exercise —An Awareness Through Movement Approach. (1 cassette) Available through Mr. Della Grotte.

- The Feldenkrais Sampler. (3 lessons.) Available through Mr. Della Grotte.
- Hanna, Thomas. The Myth of Aging: Somatic Exercises to Control Neuromuscular Stress. Available through Somatics Educational Resources.
- Somatic Exercises for the Legs and Hip Joints. Available through Somatics Educational Resources.
- Somatic Exercises for the Hands, Wrists, Elbows and Shoulders. Available through Somatics Educational Resources.
- Somatic Exercises for the Neck, Jaw and Skull. Available through Somatics Educational Resources.
- Somatic Exercises for the Lower Back. Available through Somatics Educational Resources.
- Somatic Exercises for Freeing the Whole Body from Center to Periphery. Available through Somatics Educational Resources.
- Somatic Exercises for Delicate Backs. Available through Somatics Educational Resources.
- Somatic Exercises for Full Breathing. Available through Somatics Educational Resources.
- Somatic Exercises for Feet, Knees and Pelvis. Available through Somatics Educational Resources.
- Somatic Exercises for Rounded Shoulders and Depressed Chests. Available through Somatics Educational Resources.
- Somatic Exercises for Protruding Bellies. Available through Somatics Educational Resources.
- Holmes, Bruce. The Feldenkrais Lessons: Awareness Through Movement Volume I (12 cassette set.) Available through Haven Corporation.
- The Feldenkrais Lessons: Awareness Through Movement Volume II (12 cassette set.) Available through Haven Corporation
- Hutchinson, Bill. Riding Through Winter—Improving Riding Skills Through Enhanced Body Awareness. (Two sets; six 45-minute lessons per set.) 88 West Goulding Street, Sherborn, MA 01770.
- Reese, Mark. Walking Awareness Through Movement. (5 advanced lessons.) Available through the Reese Movement Institute and Feldenkrais Resources.
- Basic ATM Set. (12 lessons.) Available through the Reese Movement Institute
- Moving out of Pain, Feldenkrais Method Audio-Tape Program (Pilot). Available through the Reese Movement Institute..
- Advanced Training on the Feldenkrais Method and Walking. A video seminar featuring Mark Reese. Six video-tapes. Available through the Reese Movement Institute.
- Reese, Mark; Rapp, Allison; Burkart, Sandy. Integrating the Feldenkrais Method in Physical Therapy Practice: A Functional Approach to Neuromotor Re-education. Two-hour video seminar. Available through the Reese Movement Institute.
- Reese, Mark, and Zemach-Bersin, David. Sensory Motor Education for the Mouth and Jaw. (10 lessons.) Available through the Reese Movement Institute.
- Rosenholtz, Stephen, Ph.D. Basic Lessons in Awareness Through Movement Videos. (4 video tapes) ABA Physical Therapy Assoc., 136 N. San Mateo Dr., Suite 201, San Mateo, CA 94401. Also available through Feldenkrais Resources.

- Move Like the Animals. Storybook and audio cassette. Awareness Through Movement lessons in story and song for children ages 3–8. Rosewood Publishing, c/o ABA Physical Therapy Assoc., 136 N. San Mateo Dr., Suite 201, San Mateo, CA 94401. Also available through the Reese Movement Institute.
- Monkey Moves. Awareness Through Movement lessons for children ages 3–8. Rosewood Publishing, c/o ABA Physical Therapy Assoc., 136 N. San Mateo Dr., Suite 201, San Mateo, CA 94401. Also available through the Reese Movement Institute.
- Tellington-Jones, Linda. T-Touch for Magic with Horses. (47 min. video-tape) Available through Feldenkrais Resources.
- T-Touch for Magic with Cats. (64 min. video-tape) Available through Feldenkrais Resources.
- T-Touch for Magic with Dogs. (84 min. video-tape) Available through Feldenkrais Resources.
- Wildman, Frank. Dealing With Back Pain. (1 audio-cassette) Available through The Institute for Movement Studies.
- The Intelligent Body - Awareness Through Movement Volume I (12 audio-cassettes) Available through The Institute for Movement Studies.
- The Intelligent Body - Awareness Through Movement (Volume II). (12 audio-cassettes) Available through The Institute for Movement Studies.
- Better Driving. (1 Audio-Cassette) Available through The Institute for Movement Studies.
- The TMJ Tape. (1 Audio Cassette) Available through The Institute for Movement Studies.
- Timeless Body: Improving with Age. (3 video-tapes) Available through the Institute for Movement Studies.
- Yaron, Gabriella. ATM Workshop for Health Professionals, Performing Artists and Athletes. (5 audio-tapes). Available through Feldenkrais Resources.
- The Grammar of Spontaneity. (Volume 1, 5 audio-tapes; Volume 2, 7 audio-tapes) Available through Feldenkrais Resources.
- 1988 Two-Day ATM Workshop Tapes. (8 lessons on 5 audio-tapes) Available through Feldenkrais Resources.
- 1986 Two-Day ATM Workshop Tapes. (8 lessons on 5 audio-tapes) Available through Feldenkrais Resources and the Reese Movement Institute.
- Advanced Seminar for Feldenkrais Teachers. (7 extended lessons.) 1983. Available through Feldenkrais Resources.
- Zemach-Bersin, David. Advanced Awareness Through Movement. (4 extended, advanced lessons.) Available through Feldenkrais Resources.
- Zemach-Bersin, David; and Reese, Mark. 1988 Advanced Training. (4 extended, advanced lessons.) Available through the Reese Movement Institute.
- Relaxercise. (12 lessons.) Available through Sensory Motor Learning Systems and Feldenkrais Resources.
- TMJ Health. (11 lessons.) Available through Sensory Motor Learning Systems and Feldenkrais Resources.

### **Feldenkrais Method Transcribed Awareness Through Movement Lessons**

- Alon, Ruthy. 1977 Seattle Workshop Transcript. (16 lessons, typed and bound.) Available through Feldenkrais Resources.

- 1979 Boulder Workshop. (37 lessons, typed.) Available through Feldenkrais Resources.
- Segal, Mia and Yaron, Gabriella. 1976 and 1977 Evening Class Notes. (26 lessons, typed and bound.) Available through Feldenkrais Resources.

## **Section III: International Publications by MOSHÉ FELDENKRAIS:**

### **Hebrew**

- Autosuggestion. Binah Publishers, 1930 (out of print). Tel-Aviv: Alef Publishers, 1977-1978.
- Self-Defense. Toelet Publishers, 1931 (out of print).
- Body and Mature Behaviour: A Study of Anxiety, Sex, Gravitation and Learning. Tel-Aviv: Alef Publishers, 1966.
- From My Method. Tel-Aviv: Alef Publishers, 1964.
- Improving Ability—Theory and Practice. Tel-Aviv: Alef Publishers, 1967.
- Adventures in the Jungle of the Brain, the Case of Nora. Tel-Aviv: Alef Publishers, 1978.

### **French**

- La defence du faible. Paris: Editions Etienne Chiron, 1933 (73 editions). "Papers to the Academie des Sciences," with Frederic Joliot-Curie (Nobel Prize for chemistry, 1935). Paris: Panthenier.
- ABC du judo. Paris: Editions Etienne Chiron, 1938 (5 editions).
- Judo pour ceintures noirees. Paris: Editions Etienne Chiron, 1951 (3 editions).
- La conscience du corps. (La sante en 12 lecons.) Paris: Robert Laffont, 1971. Marabout Service, 1972, 1982.
- L'expression corporelle. Paris: Editions Etienne Chiron, 1965 (out of print).
- Seminaire D'Esalen 1972. (Lesson transcript.) Feldenkrais Resources, P.O. Box 2067, Berkeley, CA 94702.
- Le cas doris, adventures dans la jungle cerebrale. Hachette, 1978; Tel Aviv: Alef Publishers, 1978.
- Esprit et Corps. Bulletin de Liaison de l'Association des Praticiens de la Methode Feldenkrais, No. 2, February 1988. (Translation of Mind & Body.) Also published in Methode Feldenkrais, 1988.

### **German**

- Körper-Geist-Bexiehungen in Eutonie - Haltung und Bewegung in Psycho-somatischer Sicht. S. 13-14. Haugg, Ulm, 1964.
- Der Aufrechte Gang. Insel Verlag, Frankfurt 1968. Ex Libris Verlag, Postfach, CH-8023 Zurich, 1970. Surrkamp, Frankfurt, 1978.
- Bewussttheit durch Bewegung (Der aufrechte Gang). Suhrkamp Verlag, st 429. 1968.
- Abenteuer im Dschungel des Gehirnis, der Fall Doris. Insel Verlag, 1977; Aleph Publishers, Tel-Aviv.
- Bewegungserziehung zur Verbindung von Körper und Geist in: Psychotherapie und Körperdynamik, S. 176-194. Junfermann, Paderborn, 1979.
- Abenteuer im Dschungel des Gehirns (Der Fall Doris). Suhrkamp Verlag, st 663. 1981.

- Die Entdeckung des Selbstverständlichen. Insel Verlag, 1983.
- Die Entdeckung des Selbstverständlichen. Suhrkamp Verlag, st 1440. 1985.
- Die Entdeckung des Selbstverständlichen, Suhrkamp. Frankfurt a. M. 1987.
- Koerperausdruck. Die Feldenkrais v Gilde e.V. Nr. 1, Postfach 190341, 8000, Munich 19, München/Bielefeld, 1987.
- "Records of 12 Lessons." (As broadcast by Swiss Radio.) Ex Libris Verlag, Postfach, CH-8010 Zurich.
- "Bewusstheit durch Bewegung ("Der Aufrechte Gang"). Moshé Feldenkrais/Franz Wurm. (12 grundlegende Lektionen zu je ca. 30 Minuten.) Ex Libris Verlag, Postfach, CH-8010 Zurich, 1988.
- Der Mensch und die Welt. Über den Vorrang des Gehörsinns in der pränatalen Entwicklung. Über die Gesundheit. Drei Aufsätze in: Bibliothek der Feldenkrais-Gilde e. V. Nr. 2, München/Bielefeld, 1988.
- Das Starke Selbst. Insel, Frankfurt a. M. (Insel Verlag) 1989.
- Die Feldenkraismethode in Aktion. Junfermann, Paderborn. 1990.
- Die Wiederherstellung der Leistungsfähigkeit in: Bibliothek der Feldenkrais-Gilde e. V. Nr. 3, München/Bad Salzuflen, 1990.

## **Italian**

- Conoscersi Attraverso il Movimento. Celuc, Libri, Milano, 1978.
- Il Metodo Feldenkrais - L'altra Medicina. Red, Como, 1991.
- Le Base del Metodo per la Consapevolezza dei Processi Psiconotori. Astrolabio, Roma, 1991.
- "Conoscersi Attraverso il Movimento," Annual Handbook for Group Facilitators, 1975
- Il Corpo e il Comportamento Maturo, Casa Editrice Austrolabio, ISBN 88-340-1193-7.
- Il Caso di Nora, Casa Editrice Austrolabio, ISBN 88-340-1217-8..

## **Dutch**

- Bewustwording Door Beweging. Amsterdam, 1975.

## **Portugese**

- Casio Nora Consciencia Corporal Como Fator Terapeutico. Summus, Sao Paulo, 1979.
- Consciencia Pelo Movimento. Summus Editorial Ltda., Sao Paulo, 1977.
- Vida e Movimento. Summus Editorial Ltda., Sao Paulo, 1988.

## **Spanish**

- Autoconciencia por el movimiento, Editorial Paidos 1972
- La Dificultad de ver lo Obvio, Editorial Paidos 1992
- El Poder del Yo, La autotransformacion a traves de la espontaneidad, Editorial Paidos (Cuerpo y Salud) 1995

## **Section IV: International Feldenkrais Method Publications:**

## French

- Alon, Ruthy. "La prise de conscience par le mouvement" (traduites et dites par Yvan Joly). Cassettes Ruthy Alon, 6133 Durocher, Outremont, Quebec H2V-3YF, 1980.
- Bacry, Andre. "Moshé Feldenkrais et La Conscience du Corps." Methode Feldenkrais, 1988.
- Badgestein, Catherine. "Feldenkrais le magicien." Parents, 1978.
- Combeau, Francois. "Le Geste Vocal: L'etre Qui Chante." Bulletin de liaison de L'Association des Practiciens de la Method Feldenkrais, No. 1, July 1987.
- Dreyfus, Catherine. "La gymnastique o second degre." Vital, Novembre 1981.
- "Quatre gymnastiques lents." Psychologie, Decembre 1982.
- Frydman, Paulette et Marcel. "Les techniques de prise de conscience du corps au service de la pedagogie." Kinesitherapie scientifique, Octobre 1978.
- Frydman, Marcel; Dierkens, Jean; Ables, Roland. De la Suggestopedie a la prise de conscience du corps: Etude experimentale de deux variables." Le Language et l'Homme, 1978, Belgium.
- Houareau, Marie Josee. "La methode Feldenkrais." Psychologie, Octobre 1978.
- "Moshé Feldenkrais: l'etude de la sensation." Article in book. Toutes les gymnastiques douces. Paris: Retz-C.E.P.L., 1980.
- Hubert, Claudine. "Influence du groupe sur l'évolution de l'etre au sein de la formation feldenkrais." Association des Praticiens de la Méthode Feldenkrais, Bulletin de Liaison -12-Avril, 1992.
- Joly, Yvan. "La methode Feldenkrais et la danse." Reflex (revue Quebecoise de danse), Vol. 2, No. 2, 1982. Bulletin de Liaison de L'Association des Practiciens de la Method Feldenkrais. No. 1, July, 1987. Methode Feldenkrais, 1988.
- Lépine, Josette. "Milton H. Erickson et Moshé Feldenkrais," Association des Praticiens de la Méthode Feldenkrais, 12-Avril, 1992.
- "Mon Cheminement de la Danse a la Methode Feldenkrais." Bulletin de Liaison de L'Association des Practiciens de la Method Feldenkrais, No. 2, Feb. 1988.
- Rosenfeld, Albert. "Apprendre an Corps Comment Programmer le Cerveau." (Translation of Smithsonian article.) Bulletin de Liaison de L'Association des Practiciens de la Method Feldenkrais, No. 3, August 1988. Methode Feldenkrais, 1988.
- "Teaching the Body to Program the Neck: The Miracle of Moshé Feldenkrais." Secretarie General Association Des Praticiens Feldenkrais. 16 (3), 1989, Belgique.
- Rozenzweig, D. Feldendrais Audio-Tape Program for Health, L'Information Dentaire n 22 du 4 juin 1992
- Unknown author. (Article in book.) Les nouvelles therapies. Retz, 1981.
- Van Galen, Renée Jean. "Training de Rome." Association des Praticiens de la Méthode Feldenkrais, 12-Avril, 1992.
- Weiner, Martin. "An de la Technique." Bulletin de Liaison de L'Association des Practiciens de la Method Feldenkrais, No. 3, August 1988.
- Yaron, Gabriella. "Experience avec La Methode Feldenkrais." Methode Feldenkrais, 1988.

## German

- Alon, Ruthy. "Leben ohne Rückenschmerzen, Bewegen im Einklang mit der Natur, Vol. I," Translation: Thomas Kirschner. Junfermann Verlag, Paderborn, 1992.
- Feldenkrais, Moshé. "Die Feldenkrais Methode in Aktion," Translation: Kirschner, Thomas. Junfermann Verlag, Paderborn, 1992.
- Fox, Charles. "Phänomen Feldenkrais," Sensus Kommunikation.
- Friedmann, Elly D. Labon-Alexander-Feldenkrais Junfermann Verlag, Paderborn, 1989.
- Hanna, Thomas. Beweglich sein - Ein Leben Lang. Kösel, München, 1990.
- Heggie, Jack. "Besser Laufen, Das 30-Tage-Programm." Translation: Kirschner, Thomas. Junfermann Verlag, Paderborn, 1992.
- Kaganas, G.; Mueller, W.; and Wagenhaeuser, F. J., "Relaxation Techniques in Pain Treatment." Fortbildungskurse Für Rheumatologie, Band 8. Schmerzbehandlung in der Rheumatologie; (Continuing Education Courses in Rheumatology, Vol. 8. Pain Therapy In Rheumatology), Conference Paper, Basel, Switzerland, 1989.
- Kirschner, Thomas and Alon, Ruthy: "Leben ohne Rückenschmerzen, Bewegen im Einklang mit der Natur, Vol. I," Translation: Thomas Kirschner (Junfermann Verlag, Paderborn 1992).
- Kirschner, Thomas: "Die Feldenkrais Methode: Bewusstheit Durch Bewegung, Set 1" (5 audiotapes and written introduction), Thomas Kirschner Seminare, Eichstätt, 1991.
- "Die Feldenkrais Methode: Bewusstheit Durch Bewegung, Set 2," (6 audiotapes and written introduction), Thomas Kirschner Seminare, Eichstätt, 1991.
- "Feldenkrais für Fortgeschrittene. Das Arbeitsbuch für Bewusstheit Durch Bewegung," Thomas Kirschner Seminare, Eichstätt, 1991.
- Feldenkrais Moshé: "Die Feldenkrais Methode in Aktion," Translation: Thomas Kirschner (Junfermann Verlag, Paderborn 1992).
- Heggie, Jack: "Besser Laufen. Das 30-Tage-Programm." Translation: Thomas Kirschner (Rowohlt, Reinbek 1992).
- Reese, Mark. "Moshé Feldenkrais' Arbeit mit Bewegung, Milton Erickson's Hypnotherapie Parallelen/Teil 1." München/Bad Salzflun: Bibliothek der Feldenkrais-Gilde e.V., Nr. 6, 1991.
- "Moshé Feldenkrais' Arbeit mit Bewegung, Milton Erickson's Hypnotherapie, Parallelen/Teil II." München/Bad Salzflun: Bibliothek der Feldenkrais-Gilde e.V., Nr. 7, 1991.
- Reese, Mark and Zemach-Bersin, David: TMJ Health - Beweglichkeit für Mund und Kiefer," Thomas Kirschner Seminare, Eichstätt 1991.
- "Wenn der Körper krank ist, sind Körper und Psyche falsch erzogen," Psychologie Heute, Weinheim, 10/1985.
- Rywerant, Yochanan. Die Feldenkrais Methode. Heidelberg: Kübler-Akselrod Verlag, 1985.
- Die Feldenkrais Methode. (Pocket edition.) Munich: Goldmann Verlag, 1987.
- Triebel-Thome, Anna Feldenkrais Bewegung-Ein Weg zum Selbst. Graffe-Unzer, 1989.
- Walterspiel, Beatriz Das Abenteuer der Bewegung: Die Feldenkrais Methode, "Bewusstheit durch Bewegung." Lektion und Tonkassette (book and cassette) Kösel, München, 1989.

- Yaron, Gabriella. "Erfahrungen mit der Feldenkrais-Methode." In *Kinderarzt*, Nr. 6/85 (S. 636-641) Deutsche Akademie, München, 1985.
- Zemach-Bersin, David und Kaethe und Mark Reese. *Gesundheit und Beweglichkeit : 10 Feldenkrais -Lektionen*. Kösel-Verlag GMBH & Co., München 1992.

## **Austrian**

- Kuhn, Dr. Margot. *Fitness für Kreative. Gesundheit*, 1989.
- Stoisser, Doris. *Die Feldenkrais-Methode*. ORF-Nachlese January 1989.

## **Spanish**

- Rywerant, Yochanan. *El Metodo Feldenkrais*. Buenos Aires: Editorial Paidos, 1985.
- Zemach-Bersin, David and Kaethe, and Reese, Mark. *Ejercicios De Relajación (Translated from the English, Relaxercise: The Easy New Way to Health and Fitness.)* Ediciones Paidós Ibérica, S.A., Mariano Cubí, 92 - 08021 Barcelona, 1996.

## **Dutch**

- Heggie, Jack. *Hardlopen Met Je Hele Lichaam*. De Kern, Baarn, The Netherlands, 1988 (Dutch version of *Running With The Whole Body*).
- Zemach-Bersin, David and Kaethe; and Reese, Mark. *Relaxercise*. 1992 voor het nederlandse taalgebied; BV Uitgeverij De Kern, Baarn.

## **Italian**

- Alon, Ruthy. "Guida Pratica al Metodo Feldenkrais." *L'altra Medicina*, Ed, Red, Cono, 1992.
- Bonomelli, R. "Il Corpo Intelligente," *Samurai*, Dic. 1989.
- Canellini, Mario. "Metodo Feldenkrais: una Didattica Sperimentale." *Intervista con Tina Broccoli*, *Il Faro*, Anno 2. n° 5, Grosseto, 27/1/92.
- Caruselli, Lucia. "Conosci i Tuoi Movimenti" *Corriere della Sera*, Supplemento Salute, Milano, 8/1/1990.
- Connolly, Chris. "Il Metodo Feldenkrais," *Training News*, 1985.
- Crespi, Paolo. "Gli Esercizi Contro le Cattive Abitudini," *Donna Moderna*. 3/6/1990.
- Crespi, Paolo. "Il Metodo Feldenkrais per Inmpatate if Movimento," *Spettacoli a Milano*, n° 59. ed. Cooperativa Spettacoli a Milano, Marzo 1989.
- Dalla Valle, Maria Raffaella. "Conoscersi attraverso il movimento (il Metodo Feldenkrais)," rivista *RIZA SCIENZE*, n.73 novembre1993.
- Dalla Valle, Maria Raffaella. "Le Medicine Naturali," *RIZA SCIENZE*, n.83 ottobre1994.
- Della Pergola, Mara. "A Scuola di Portamento," *Starbene*. Settembre, 1990.
- Della Pergola, Mara. "Il Metodo Feldenkrais," *Il Giornale del Cintro Milanese*. Milano, 1984-5.
- Della Pergola, Mara. "Il Metodo Feldenkrais - La Presa de Coscienza attraverso il Monumento nell'esprienza del Musiesto". *Quadro*. Ott./Dic. 1989.

- Di Rienzo, Silvia. "Operazione Gatto". Vital, Settembre, 1985.
- Fadda, Fiammetta. "Riprendi la tua Immagine!" con la Collaborazione di Lorenza Villa, Salva Linea, Ottobre, 1990.
- Fontana, Michele. "Ginnastica: Quando Fa Bene, Quando Fa Male," Europeo, 18/10/91.
- Forte, Michele. "Quel Metodo Ginnico che fa Diventare Svelti e Intelligenti," Untia' Supplemento, 15/9/1989.
- Giraldi, Laura. "Alle Radici del Movimento," Vital, ed. Rusconi. Aprile, 1989.
- Hamid, Assem. "I Messaggi del Nostro Corpo - Imparare a Muoverci in Modo Sano e Armonioso - Un'esperienza Esaltante," Intervista con Ruthy Alon, Il Faro, anno 2. n° 6, 1/4/92.
- Houareau, Marie-José. "Ginnastiche Dolci - L'altra Medicina." (Article in book) Red, como, 1980.
- Kettlitz, Cristina. "Dimmi Come ti Muovi e ti Dirò che cos'hai," Corriere Della Sera, 18/4/1985.
- Locatelli, Maria Graziella. "Conoscersi Attraverso il Movimento," Cologno Sette, 12/9/90.
- Pompas, Manuela. "Quando il Corpo Racconta." Gioia, 26/5/1986.
- Purisiol, Lucia. "Cinnasticamica - Stai Attento a Quel Che Fai." Corriere Della Sera, Supplemento Salute. 26/8/91.
- Rywerant, Yochanan. Integrazione Funzionale. Astrolabio, Milano, 1993.
- Santoro, F. Maiorana, C. 7 Faccin C. "Rilasciamento Neuromuscolare e P DCCM - Metodi Zilgri e Feldenkrais." Nota II, Dent Cadmos. Vol. 57, N° 16, Ottobre 31, 1981.
- Schecter, Richard & Helen, "Immagine, Movimento e Attore" Bollettino. N° 3/4, Dicembre, 1991. Ass. Ins. del Metodo Feldenkrais (interview with Moshé).
- Testi, Camilla. "Il Metodo Feldenkrais per Liverare le Tensioni." Piu' Bella. 16/6/1989.
- " Vincere id Mal di Sheiena." Annabella, Ed. Rizzoli, 26/4/1990.
- Zemach-Bersin, David and Kaethe; and Reese, Mark. Rilassarsi. (Translated from the English, Relaxercise: The Easy New Way to Health and Fitenss) RED Studio Redazionale, Como, Italy.

## Sweden

- Grönholm, Jan. "The Feldenkrais Method: Learning to Learn Again" contact Jan Grönholm, Hörnvägen 8, 13141 Nacka, Sweden. Phone: 46.8.716.2696.

## Feldenkrais Guild International Publications

- Associazione Insegnanti del Metodo Feldenkrais Bollettino. n° 1. Locatelli M. Graziella e Delù Clara, Dicembre, 1989.
- Associazione Insegnanti del Metodo Feldenkrais Bollettino. n° 2. Locatelli M. Graziella e Delù Clara, Novembre, 1990.
- Associazione Insegnanti del Metodo Feldenkrais Bollettino. n° 3-4. Locatelli M. Graziella e Rubinelli Silvia. Dicembre, 1991.
- Note: Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais published by Associazione des Praticiens de la methode Feldenkrais, 133, rue G. Charlier, B-7500 Tournai, Belgique
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 2, Fevrier '88, Patrice Auquier, editor.

- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 3, Aout 1988, Patrice Auquier, editor.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 4, Fevrier 1989, Dooghe, Andre and Auquier, Patrice, editors.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 5, Juillet '89. Dooghe, Andre and Auquier, Patrice, editors.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 6, Fevuer 1990. Auquier, Patrice, editor.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 7, Juillet '90. Dooghe, Andre and Auquier, Patrice, editors.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 9, Avril 1991, Auquier, Patrice, editor.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 10, Juillet, 1991, Auquier, Patrice, editor.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 11, Nov-Dec, 1991, Auquier, Patrice, editor.
- Bulletin De Liaison De L'Association Des Praticiens De La Methode Feldenkrais No. 13, Automne 92.
- Quaderno. "Corpo e Mente." n.1, by Moshé Feldenkrais. Translated, Milano, 1991.
- Quaderno. "L'espressione Corporea," n. 2, by Moshé Feldenkrais. Translated, Milano, 1991.
- Munchen/Bad Salzuflen: Bibliothek der Feldenkrais-Gilde e.V., Nr. 6, 1991.

Munchen/Bad Salzuflen: Bibliothek der Feldenkrais-Gilde e.V., Nr. 7, 1991