

Kinesthetic Edge

ATM® Studio – Lesson List

Members Area

Body Knowledge

- Lesson 1 – Shoulder Spokes & Circles (29:06) 33.6MB
- Lesson 2 – Flexors & Extensors (30:21) 35MB
- Lesson 3 – Angel Arms (10:53) 32.6MB
- Bonus Material: Chair Lesson (10:53) 15.2MB

Kinesthetic Edge for Golfers – Audio Lessons

- Lesson 1 – Discerning Differences (24:15) 27.9MB
- Lesson 1A – Sense & Feel Your Shot (8:02) 9.3MB
- Lesson 2 – Discerning Relationships (18:23) 9.5MB
- Lesson 2A – Connecting to Back Swing (6:57) 71MB
- Lesson 2B – Connecting to Forward Swing (7:25) 4MB
- Lesson 3 – Turning With Ribs & Spine (16:58) 9.1MB
- Lesson 3A – Improving Ribs & Spine (14:03) 7.7MB
- Kinesthetic Edge for Golfers e-Book

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IntelliDANCE: Explorations in the Feldenkrais Method® and Dance Education

(Excerpt. Release scheduled for 2007)

- Feeling the Eye & Spine Connection Through the Head and Neck (6:17) 8.7MB
- Eye Differentiation: a Means to Improve Spotting Technique for Dancers (6:58) 9.6MB

Pilates

- Coordinating Breathing and Movement While Drawing in the Abdominals (23:39) 32.5MB
- Awareness of Pelvic Mobility and Stability (34:12) 47MB