

AA2, Year 1, Assignment 2

March 6th, 2024

Dear Ann Arbor 2 students,

It was a true pleasure to meet everyone on the weekend. I look forward to seeing you again in our next online weekend together:

April 6-7, 11 am - 4 pm US eastern time, using the same link:

<https://us02web.zoom.us/j/88930082138>

As promised, you now have access to the recordings of the weekend:

[YouTube playlist for the March weekend](#)

You are very encouraged to revisit the ATM lessons.

This link is for your use only, please do not share the link with others.

You can save the playlist to your YouTube account by clicking the + button in the playlist.

The above links, including the Zoom link, the assignments, the recordings, and the index of the recordings that will be regularly updated, are all accessible through your course materials' page:

<https://feldenkraisaa.wixsite.com/fiaa2>

Password:

Mar224-Sep627!

Please purchase a copy of the book Awareness through Movement:

<https://www.amazon.com/Awareness-Through-Movement-Easy-Do/dp/0062503227>

Also, a nice place to start with learning the anatomy of the human body in the context of movement is the book Anatomy of Movement:

[Anatomy of Movement on Amazon](#)

Please send us an email if you want to be in touch with other students in the program

feldenkraisaa@gmail.com

The next assignment:

I highly recommend that you summarize in your notebook your thoughts, reflections, realizations, questions etc. from our last weekend together. I believe that handwriting is a powerful means for reflecting and provides another channel for processing new information.

Please read the intro to the ATM book again.

Based on Dr. Feldenkrais' criticism of conventional education and its ill effects, can you conclude what should be the positive properties / characteristics of self-education?

Progress in the understanding of epigenetics, only strengthens Dr. Feldenkrais' argument for self-education as being where our power lies, as it is now clear that our behavior and choices do affect our genes.

If you are interested in hearing a little about epigenetics, here are two nice videos:

[What is epigenetics](#)

[Epigenetics on TEDx](#)

Dr. Feldenkrais ends the chapter with the following:

"I have outlined in this book the first steps on this road in considerable detail to enable readers to go even further under their own power."

I am sure we are now all curious to read more :)

Please read the attached next chapter in the book titled: "The Self-Image".

All the best,

Raz.