

AA2, Year 1, Assignment 3

April 9th, 2024

**Dear Ann Arbor 2 students,**

I hope your weekend ended nicely and that you had an easy transition into your new week. I look forward to seeing you again in our next online weekend together in which David Zemach-Bersin will be leading us with his brilliant teaching.

May 4-5 , 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 April 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!

If you haven't done so already please purchase a copy of the book Awareness through Movement:

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

In the previous assignment, I recommended the book *Anatomy of Movement* but I accidentally put a link to the **exercises** book by the same author with the same title. I am not familiar with the exercises book but I am assuming that it is a worthwhile book to keep being very informative, well illustrated with easy to follow explanations.

Following is the correct link to the book I originally intended to recommend:

[Anatomy of Movement](#)

I also recommended "The Brain that Changes Itself" by Norman Doidge:

[The Brain that Changes Itself](#)

It is a must!!!

If you are interested in doing more ATM lessons with me between the segments you are welcome to visit these class series by Feldenkrais Access. Each 1st lesson is free:

<https://www.feldenkraisaccess.com/intelligent-hips>

<https://www.feldenkraisaccess.com/intelligent-knees>

<https://www.feldenkraisaccess.com/intelligent-feet>

<https://www.feldenkraisaccess.com/healthy-eyes-vision>

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

[feldenkraisaa@gmail.com](mailto:feldenkraisaa@gmail.com)

## **The next assignment:**

Please continue on with the following 2 chapters in the book Awareness through Movement: "Strata of Development" and "Where to Begin and How", in which Dr. Feldenkrais makes an argument for why movement is the most efficient means for self-development, growth and change.

I am also attaching to this email the two lists that we made on the process of self-education and on the conditions for learning.

All the best,  
Raz.