

AA2, Year 1, Assignment 4, May 10th, 2024

Dear Ann Arbor 2 students,

It was great seeing you on the weekend and I am looking forward to meeting you in person in our live segment that is coming up soon.

Here is the link for the May online weekend with David:

[YouTube play list May weekend](#)

You will also find the link and this assignment on your course material page:

[Course material page](#)

Password:

Mar224-Sep627!

David mentioned a class series that he taught related to sciatic pain.

You can find it here:

[Reducing sciatic pain](#)

Your next assignment:

In preparation for the live segment, please keep reading the book Awareness through Movement and finish the theoretical chapters section.

You are welcome to start exploring the 12 lessons at the second half of the book.

You will notice that lesson #3 is the lesson that David was leading us through during the previous weekend. It is worth repeating David's lessons from the recordings and comparing them to Dr. Feldenkrais' written variation.

I am looking forward to seeing you soon,

All the best,

Raz.