



The Feldenkrais Method: Teaching by Handling

Yochanan Rywerant

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The Feldenkrais Method is a presentation of the system of Functional Integration devised by the Israeli scientist Dr. Moshe Feldenkrais. This system is a way of handling the body by communicating specific sensations to the central nervous system in order to improve the functions of the motor-system. Functional Integration is unique in that it evokes changes in the human brain at a level heretofore thought unachievable by any known educational technique.

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