

Mindful Spontaneity



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著者:Ruthy Alon

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Ruthy Alon's description of Feldenkrais work in *Mindful Spontaneity* is a favored text of a generation of Feldenkrais enthusiasts. Alon weaves experiential and theoretical information in a poetic yet pragmatic language. These simple and unexpected suggestions will help everyone who suffers from restricted movement or pain to find a new sense of freedom.

作者介绍:

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