

**Partial List Of Alexander Yanai and Esalen Sessions Already Recorded**

Bell Hand 1	This is a short version (26-minutes) of a classic and important Feldenkrais session called, "The Bell Hand." It can be deeply and profoundly relaxing deep into your motor-cortex. Suitable for everyone.		
AY241: Getting To Know Your Hip Joints	"Getting To Know Your Hip Joints." I almost did not record this session as I thought we had done it before and then I realized it is new (or nearly new!) to us. Great for balance, walking and avoiding falls and such.		
AY179 To Weld By Breathing	(public email blog post) hi there! I have been very quiet in the public sphere, not sending many emails nor blogging. But in the background I have been recording and producing a TON of Feldenkrais audios and transcripts and such. So, I thought that if you would like a quick "de-stress" Feldenkrais session and would like to lie down, relax and recharge your batteries, I would send you a session. Just click the link below and do a 25-minute session called "Breathing In All Directions." It is based on a classic Feldenkrais session called, "Aleander Yanai #179, To Weld By Breathing."		
AY62 Head Circles			
AY1: Tilting The Head			
AY10: Covering The Eyes	AY 10 Covering The Eyes (A Classic!) [Easy Feldenkrais] This is an early Alexander Yanai session, AY 10 called "Covering the Eyes. " It has been the genesis of MANY later sessions by Moshe's students. In fact, I think it has been turned into an entire day-long workshop. Suitable for everyone. Remember to take off your glasses or contacts.		
AY2: Seeing The Heels			
AY6 Pencil On The Head (chair)			
Relaxing The Eyes, Part 1	"Relaxing The Eyes." This session can be so subtle that people might not realize how much it is affecting not only the movement but the SHAPE of their eyes. At least, I did not appreciate when I first did a similar session year ago. Now, I GET it. Let's see how you like it.....		
Relaxing The Eyes, Part 2	Ok this is the second (and final) session of "Relaxing The Eyes." It is a short (27-minute) session done in sitting. Though you could also try it lying down or even in be. You may be surprised that you can let go of eye strain that you did not know that you had! Keep your eyes soft and young.		

AY4 Sitting Cross Legged.	If you have any asymmetry or difference in tension/movement between your right leg and left (especially around the pelvis) this can be a very useful session. It is one of my favorites! As always, go slow and stop if you feel any pain. Feel free to simply START doing this session and do as much (or as little) as you feel:		
AY6 Pencil On The Head			
Spine Like A Chain (Esalan)	When I first recorded this version of Spine Like A Chain” in 2016 it took almost 3 days. Why? Because this session was SO different than other versions that I have done, and I wanted to make sure that I was getting what Moshe was trying to teach. I think you will find it to be a fascinating session. Yesterday, I re-edited the session a bit and repeated some instructions to remember to (ahem) rest when ever you want to. I HIGHLY recommend that every give this lesson a shot. It is a classic! And a lovely reminder to our spine and neck and ribs that that there are some cool and interesting movement to explore....		
AY88, Circles Standing	<p>This session is based on Alexander Yanai 88. I call it "Head And Arm Circles In Standing." If you are pressed for time feel free to do just the first 10 to 15 minutes. I think you will find the movements unique and fascinating. And - they may create some subtle but noticeable differences in how you go about your daily routine. This is my new favorite session!</p> <p>By the way - This is a great session to experiment with how you do Feldenkrais. You can do the session without lying down for scans or just do one at the end. You can do part or all of it in a chair. Or you can do it as I presented.</p> <p>Quick note: You may want to lower and rest your arms often in this session, even more than what I suggest on the audio.</p>		
Standing Swaying (Infancy)	Ok, a simple, short and gentle standing session this week called, "Standing and Swaying." It is only 24 minutes. And it is based on a session that I taught in "Infancy and Child Development" classes at the University of Utah many years ago. You can take a few minutes to get centered and balanced over the holidays without needing to lie down. Enjoy!		
AY539: Standing Behind A Chair.	I believe this session is gentle enough to be able to do done by most everyone. There are some really COOL and non-habitual movements of the head and spine about 20 minutes into the session. Highly-recommended!		

Sensible Feet	Sensible feet... a short-ish session of 28 minutes. There is no SCAN in this session (hmmm...interesting). Done in sitting on the floor or in your bed, it can help you with balance and comfort in walking and daily activities.Enjoy!		
Easy Turning (Chair) - Elder Citizen	<p>Based on session called "An Easy Start," Feldenkrais envisioned it being done by senior citizens in bed! As you might imagine he thought it an important session that needed to be taught gently. Short, simple and very useful. It can improve the functioning of your neck, spine and eyes. Only 32-minutes.</p> <p>This would be a great session to do in a NEW location for you. Try it at your desk, on your couch, sitting on the side of your bed, do it on a bench in the park...you will likely be surprised at how much that changes your experience....</p> <p>For those of you who have done some of the prior sitting/turning sessions, this one has both familiar and new patterns....</p> <p>Peace.</p> <p>Ryan</p>		
AY5 Equalizing Nostrils	Do you breath out of both nostrils? Do you use both to speak? How clearly? This session will help you answer those questions and give you (potentially) a whole host of benefits. It can help your breathing, improve your speaking and clean out your nasal passages. Have some tissue nearby just in case!		
AY38 Distinctions In Turns.	Alexander Yanai 38 "Distinctions in Turns." It is done lying on the back and on the stomach. The stomach movements can be tricky, so be careful and skip this one if you have limitations or pain in your neck.		
Esalen 16: Getting Back Back	This is a session done in standing with a couple minutes of sitting in the middle. I found it be very fun near the end where one walks in some very different ways. It is called "Getting Back Back" and it is from the Esalen workshop. Enjoy!		


<p>Painting The Left Side 1 (Esalen)</p>	<p>Painting The Left Side" is a scanning/imagination session done on one side. It can be a little weird but a lot of fun! It can also have some rather interesting effects on one's body image/self image/thinking. Enjoy!</p> <p>This is based on a session from Moshe's 1972 Esalen workshop. It was a 5.5 week course in which the attendees were "certified" to teach group Feldenkrais classes. Moshe took great care in selecting the sessions. There were many variations in this session that I did not record. I could not figure out how to include without making it a two hour session! Part 2 will be coming at some point.</p> <p>And remember - you have access to growing library of sessions from the Esalen workshop. I call them the "Feldenkrais Classics." Just login to Easy Feldenkrais and go to that page:</p> <p><a href="https://www.ryannagy.com/wp-login.php">https://www.ryannagy.com/wp-login.php</a></p> <p>Ryan</p>		
<p>Esalen 29: Wrist and Shoulder Rotation and Bridge</p>			
<p>AY109: Lowering The Pelvis</p>	<p>Ok, here we have a version of Alexander Yanai 109: Lowering the Pelvis to Sitting. Portions of this session will easy to do for most people...and portions will be impossible for virtually everyone! (Laughter). So take it easy! If you do nothing more than the first 15 minutes of this session, your body will thank you.</p>		
<p>AY190HeelsUnder</p>	<p>Hot off the press! I just finished editing this one about an hour ago. It is another one that most people should be able to do most of it, but it can be challenging near the end. Lot's of great movements of the toes can help with balance and walking. Kind of an "anti aging" session.</p>		
<p>AY 418: Toes Interlaced....</p>			
<p>AY3 Rolling To Sit Using The Elbows</p>	<p>Alexander Yanai 3, "Rolling To Sit Using The Elbows." This is an advanced Feldenkrais session, so be gentle and be willing to not only do less than you know that you can do, but to take your time and be willing to experiment (I am choosing my words very carefully here).</p> <p>If you are new to the site or new to Feldenkrais in general, you could consider skipping this session until you have more experience, in particular doing all the 30-minute Easy Feldenkrais sessions first. Or - you could start this session and do the first few minutes of it, just to see what it is like.</p>		

AY466 Continuation Until The Eyes.	Ok, here we have a complex - but "doable" session. It is called Alexander Yanai 466 "Continuation Until The Eyes." Though many Alexander Yanai sessions are 50 or even 60 minutes, this one is only 39-minutes. It is done lying and one the side and most people will be able to do most of the variations. Get out a pad, pillow or folded towel to use when you are lying on your side.		
AY180: Breathing Rhythmically	Ok, I have some doubts about this one. Though it is a fantastic session, it has a ton of variations and I am wondering if it would be better split up into two session or perhaps, dropping some of the variations.		
AY477 Lengthening the Heels			
AY478 Movements of the Chin	<p>Ok - This is a cool session done while sitting and facing backwards on a chair. Please be careful!</p> <p>Why?</p> <p>1) It seems very gentle...but it involves movements of the neck and spine. The neck is a sensitive area. One really MUST do less than one can do.</p> <p>2) This is my "first approximation." That is, it is the first time that I have personally done this session (to my memory) and recorded it. I have a feeling when I go back to review this session several months from now, I will want to change it up a great deal.</p> <p>3) I am not teaching it exactly the way Feldenkrais did and that may or may not change the next time I record or teach it.</p> <p>Ok?</p> <p>Here it is. 36-minutes. Based on Alexander Yanai #478, Movements of the Chin.</p>		
Pelvis Jaw Connections			
AY167 Molding the Skin Behind the Body	This 30-minute session is inspired by AY167 "Molding the Skin Behind the Body." I am not sure what to say about this one other than it can help create a more complete and accurate sensing of our bodies. Suitable for everyone. It is done in the imagination on the stomach, back and on all fours.		

<p>AY147 Sitting Up For A Chair With Legs Crossed</p>	<p>"Sitting Up From A Chair With Legs Crossed" based on AY 147. This can potentially be a very intense session, so go slow and do only as much as you want or feel comfortable doing...and realize that you are one of a very small number of people to have ever done this session. It is normally taught in the third or fourth year of Feldenkrais trainings...or not all. Many more rare sessions on the way. Enjoy!!</p>		
<p>AY60 Gentle Movements On The Stomach</p>	<p>A new session: Gentle lifting movements on the back and stomach. Based on AY60. Give it a go? If you are not comfortable on your stomach, do those parts in your imagination. This one put me to sleep a few times while doing it...I must have needed it. You?</p> <p>Peace. Ryan</p> <p>P.S. - In this session, I ask you to stand for a few seconds before lying on your back. This will give you a good idea of how your movement evolves during the session when you stand up afterwards and feel the changes.</p>		
<p>AY 61 Arms And Legs In Circles</p>	<p>Here is yet another wonderful "Alexander Yanai" session, but one that can be done by a wide variety of people. It involves being on the back and having the hands above the head and on the floor (or you could say on the floor above the head). If you can do that comfortably you can do this session.</p> <p>LINK</p> <p>*This is one of my all time favorite sessions. And that has little to do with the session itself but what it did to me when I first did it: It opened up the ribs on my right side in a way that I had never experienced. It was practically a religious experience for me. I think my ribs had been contracted on that side since early childhood (maybe even since birth?). And - WOW - It brought out some intense feelings. But of course your experience will be different.</p>		
<p>AY345 Diagonal Twist</p>	<p>Ok, here we have a session called "Diagonal Twist," it is based Alexander Yanai #345. It is a 40-minute session done lying down, though I do ask you to stand for a moment at the beginning. It will bring some very unique movements in and around your spine and pelvis. Go slowly and enjoy! This is one of my all-time favorite sessions! (Though I do seem to be saying that a lot these days).</p>		

<p>AY111: Painting The Floor With The Soles of Your Feet</p>	<p>oh yeah...painting circles with your feet. Better balance, better mobility and a healthier spine! This is based on AY111 and it is highly recommended.....</p> <p>LINK</p> <p>You do not need to do this session in its entirety to benefit greatly from it. You could do just a few minutes and create some functional movements and sensations for yourself....</p> <p>Ryan</p>		
<p>AY 148 Twisting and bending the spine sitting on a chair</p>	<p>This week I would like to return to an Alexander Yanai chair sitting session from over a year ago...(AY148 Twisting and bending the spine sitting on a chair). Only a few of you have done this session (or at least started it). It is very intense and easy to "over muscle" so go slow. It is a nice complement to the session AY61 from a few days ago...it can do some cool things to your ribs and chest.</p> <p>LINK</p>		
<p>Stop Your Neck From Creaking!</p>	<p>Ok...Moshe called this one, "Stop your neck from creaking" (27-minutes). It is a relatively gentle session but packs a TON of variations. So go slow and if you fall asleep or need more rests please take them. Peace!</p>		
<p>AY 124 Your Dominant Hand</p>	<p>I present to you a session you could just do the first 15 minutes of it and get great benefit from it. It involves some very gentle and very unique movements of the hands and fingers. So unique, that as you do them, the relaxation tends to cascade through your body. AND - as many of us have years of typing on computers and tablets and smartphones and such, we have a great deal of stress and strain in the muscles of our hands. Strain that will likely start to melt away as you do this session. Give it a try?</p>		
<p>Rolling Like A Baby</p>	<p>Rolling Like A Baby, baby...37-minutes. You may - at first - think you have done this session with me before, but it has some nice, new variations. Suitable for everyone. Enjoy!</p>		
<p>Bell Hand Classic 1</p>			
<p>AY104 Lifting The Back With The Knees</p>			
<p>AY191: Pressing Your Head Into The Floor</p>	<p>This is a gentle session and a long session and totally fine to just start it and then drift off the sleep or simply stop whenever you want to. It is based on Alexander Yanai #191 Pressing your head to the floor and breathing .</p>		

AY 340 Simpler Lines/Simpler Thighs			
AY138: Walking On The Heels	This is a pervasively useful session that you might feel (in a good way) for days. Done entirely in standing with a short rest in the middle. Please do this one, it can really have some wonderful effects on your movement. At least start it and do the first 20 minutes to where I have you move your toes...		
AY235: Shaking in the heels (Standing Variations)	<p>This session has bits and pieces of 3 or 4 different sessions that Feldenkrais put together in AY 235. Done is standing. Enjoy!</p> <p>LINK</p> <p>I want to encourage you to experiment doing all or part of this and the other standing sessions in your regular clothes and shoes and in different locations - at work, on the bus, in the pool...in the middle of the night etc. Even if you do only one or two variations. The more we can disrupt and play with our normal patterns the more we are likely to bump into and evolve our body and mind. Freedom awaits!</p> <p>cheers!</p> <p>Ryan</p>		
The Jaw 2	I mentioned on the Facebook group that this session created some amazing changes in my lower back and breathing...even though the "action" seems to be in the movements of the jaw and head. I hope you enjoy it! it is about 32 minutes and is done while lying down and sitting on the floor. It is called, "Jaw 2." Enjoy!		
AY 295 Side, Pelvis, Back	[Softening Your Spine and Chest] I found this next session to be quite fascinating, I hope you do as well. It involves movements while on the side (left and right) which can really add some flexibility and new possibilities throughout your spine and ribs. Enjoy!		
AY 210 On Left Side	[Movements While on the Left Side We could consider this a continuation of last week's session "A Flexible Spine" but this session might be a bit easier (less head/neck turning). It involves being on the left side (thus the name) in a position that is a bit like a fetal position. It can do some wonderful things for your neck and pelvis (and for your hip joint in particular).		
AY2086A Flexible Spine	[A Flexible Spine - Side lying session] A flexible spine....another side lying session involving strange and wonderful movements of your head, neck, spine and legs...go slowly...and enjoy!		

AY447 Opposition On Side	This a session done mainly lying on the side. Please have enough padding so that your head is on the same plane as the rest of your spine when you are on the side. (i.e. head and neck straight - inline with the rest of your spine). This is a session about TINY movements of the head and other parts of the body. It can be quite relaxing if you attend to your comfort while doing it... enjoy!		
AY440 Side, Pelvis, Head	[Spinal twists and turns] Ok, another "side lying" session but with some twists and turns in the spine that are highly-unusual. A bit more challenging than last week's session, but still in the realm of possibility for most. Enjoy!		
AY 524 Head and Pelvis Back on Side	[Head and Pelvis Backward (on the side)] Here we have a session based on AY524: Bending the Head and Pelvis Backward. 38-minutes, laying on the side with some nice long rests. This can do some lovely things to your spine and back. Enjoy!		
AY 103 Bending to the Side on The Back	<p>hi there! This session is based on Alexander Yanai 103, called "Bending To The Side on the Back." I call it "Snow Angels" because some of the movements remind me of doing that as a kid!</p> <p>It is a session that can really open up your ribs and spine. It is done primarily lying on the back with just a few minutes of standing and being on the knees.</p>		
AY 281 (Basis of Hopping 1)	<p>Hopping - standing - fun (AY281)</p> <p>This session done while standing (with breaks in sitting or lying down) was called, "the basis of hopping 1" by Feldenkrais. I hope your enjoy it!</p>		
AY 356 Bending Knees Lifting Toes (Standing)	<p>Here is a rarity... a relatively gentle and SHORT Alexander Yanai session (27-minutes). It is done in standing. I did it while standing next to my kitchen counter. You could also do it standing behind a chair with a tall back. A wonderful session for loosening up your hip joints. Enjoy!</p> <p>LINK</p>		
AY 296 Relaxing The Throat	<p>Many positions in this one [Easy Feldenkrais Members]</p> <p>A session done sitting on the floor, lying on your stomach and your back...and a bit on the knees. Even so - most of the movements are very gentle. But do small movements when on your stomach, it can be a bit challenging. It can have some wonderful effects on your entire spine.</p> <p>LINK</p>		

<p>AY 103 "Bending To The Side on the Back." or "Snow Angels"</p>	<p>hi there! This session is based on Alexander Yanai 103, called "Bending To The Side on the Back." I call it "Snow Angels" because some of the movements remind me of doing that as a kid!</p> <p>It is a session that can really open up your ribs and spine. It is done primarily lying on the back with just a few minutes of standing and being on the knees.</p> <p>LINK</p>		
<p>AY 451 Head, Pelvis, Tongue</p>	<p>Head, Pelvis, Tongue (based on AY 451)</p> <p>Though the movements are relatively simple, they can have a profound impact on your self-image. just give it a go and let me know what you think:</p> <p>LINK</p>		
<p>AY 126 Mouth and Head Cavity</p>	<p>This one of those long, trancy sessions. With a few exceptions it is done in your imagination. And lying down. As much of this session happens in your "thinking" and your "moving imagination" everyone should be able to do it. It is very gentle (and effective). So...take you time...all the time you need to really enjoy and benefit from the session... LINK</p>		
<p>AY ? Toes on One Side</p>	<p>The first is a short version of "Toes on One Side." This version is about 19-minutes. Done on the back. Enjoy!</p> <p>LINK</p> <p>And here is the longer and more complex version done lying on the floor and sitting on the floor. You will definitely feel different when you get up and walk around after doing this session!</p> <p>LINK</p>		

<p>Imaginary Ball on The Diagonal (ATM Bool</p>	<p>Based on a session from the Awareness Through Movement book by Moshe Feldenkrais, this session is done on the stomach. Most of the movements involve thinking/feeling/sensing in your imagination.</p> <p>LINK</p> <p>The session above is 50-minutes BUT below is a shorter version...only 22-minutes...you will get up and walk afterwards and likely feel some interesting changes in how you walk:</p> <p>LINK</p> <p>cheers!</p> <p>Ryan</p>		
<p>AY #? Twisting On Chair</p>	<p>Grab a stable chair without wheels, take off your shoes (optional) and glasses (if you wear them) and begin to explore "gentle twisting right and left in a chair??"</p> <p>LINK</p> <p>This session goes way back in Feldenkrais history to Moshe teaching in his studio on Alexander Yanai street. It has a very classic theme (turning) and some classic variations with the head and eyes and shoulders that you may have experienced in sessions done while lying down.</p> <p>Enjoy!</p> <p>Ryan</p> <p>Update: I created a shorter, edited version of the session above. Twisting to the right. Only 24-minutes. If you are short on time, give it a go?</p> <p>LINK</p>		
<p>AY455 Differentiated Twisting on Chair</p>	<p>A chair session...relatively gentle and relatively short (33-minutes). I felt a sense of having better integrated and open movement in my shoulders and neck, I hope you do as well....</p>		

Pelvic Clock, Pelvic Floor	<p>Moshe virtually never taught a live workshop without teaching some variation of a "pelvic clock" session.</p> <p>However, the session below directly adds pelvic floor distinctions....and will - I hope - add some deeper distinctions to your use of your pelvis and pelvic floor:</p>		
Pelvic Floor, Sitting, Right, Left	<p>Ok, grab a small clean dish towel or hand towel and a chair with minimal or no padding?</p> <p>A relatively short session with some cool variations...activating the pelvic floor - right and left - while sitting. I think you are going to enjoy this one and get a great deal out of it....</p> <p>LINK</p> <p>Peace!</p>		
Pelvic Floor In Sitting	<p>Here we have a sitting session (it has been a while). I call it "Pelvic Floor Front and Back While Sitting" (not a very imaginative name...but an illuminating session non-the-less. Enjoy!</p> <p>LINK</p> <p>We first did pelvic floor session on the floor - lying down - as it is (theoretically) easier to find and use the pelvic floor muscles when they are not acting against gravity. Now we move to sitting and using the muscles "against" gravity....</p>		
Pelvic Floor Lying, Right, Left	<p>Ok...here is another pelvic floor session with some NEW variations. This session is less than 35-minutes and is done while lying on the floor.</p> <p>LINK</p> <p>I think next week I will be releasing a couple of pelvic floor sessions that you can do while sitting on a chair. And later we may revisit some earlier sessions and add the "layering in" of the pelvic floor.</p>		

Pelvic Floor Lying, Front, Back	<p>Ok...here is another pelvic floor session with some NEW variations. This session is less than 35-minutes and is done while lying on the floor.</p> <p>LINK</p> <p>I think next week I will be releasing a couple of pelvic floor sessions that you can do while sitting on a chair. And later we may revisit some earlier sessions an add the "layering in" of the pelvic floor.</p> <p>cheers! Ryan</p>		
Activating Pelvic Floor & Abdomen	<p>Another gentle and (to me) fascinating pelvic floor session. This session is done while lying on the floor...</p> <p>I hope you enjoy it!</p> <p>LINK</p>		
Activating Pelvic Floor	<p>Here we have "Activating The Pelvic Floor." A relatively gentle session that can have some powerful effects. Would love your feedback on this one...</p> <p>LINK</p> <p>Cheers! Ryan</p>		
Eyes, Jaws And Knees	<p>This is very gentle session having to do with the eyes, jaw and knees (a strange, but useful combination!). Good for falling asleep, relaxing and getting rid of neck and jaw pain. Brand new! Enjoy..... LINK</p>		

An Easy Start (Senior Series	<p>Based on session called "An Easy Start," Feldenkrais envisioned it being done by senior citizens in bed! As you might imagine he thought it an important session that needed to be taught gently. Short, simple and very useful. It can improve the functioning of your neck, spine and eyes. Only 32-minutes: <a href="#">LINK</a></p> <p>This would be a great session to do in a NEW location for you. Try it at your desk, on your couch, sitting on the side of your bed, do it on a bench in the park...you will likely be surprised at how much that changes your experience....</p> <p>For those of you who have done some of the prior sitting/turning sessions, this one has both familiar and new patterns....</p> <p>Peace.</p> <p>Ryan</p>		
AY 114 Folding on the Diagonals	<p>Hi there! Yesterday, I rediscovered an old friend, "Folding on the Diagonals" and decided to edit his transcript, record him and share his insights with you for this week's session. This is my NEW favorite session.</p> <p><a href="#">LINK</a></p>		
AY 150 (part 1) Pretzel Sitting	<p>This is a fun one (I think) and another of those rarely taught chair sessions.</p> <p>Find a stable chair without wheels and take 30 minutes to explore some new movements in your back and spine? I called it "A Pretzel in Sitting, Part 1." It is based on AY 150. <a href="#">LINK</a></p>		
AY 150 (part 2)- Pretzel Sitting Eyes, Jaw, Back	<p>More variations and longer.</p> <p>This may seem familiar to you if you have done any of the "back pain" or "tmj" sessions that I have put out. But there are some variations that are not in the Feldenkrais "corpus" and that had a dramatic effect on me as I prepared for recording the session...I hope you enjoy it and get a great deal out of it....</p>		
AY453 Eyes and Lines 1	<p>This is very gentle session that anyone can do. Done while lying down. Moshe called it "Eyes and Lines," I am going to rename it, "Thinking Around The Eyes." Enjoy!</p>		

Eliminate Back Pain 1	<p>Hi all - A while back on our private FB Group (have you joined yet?) there was a conversation about back pain. I first started recording Feldenkrais back pain elimination sessions in 2007 to get rid of my own suffering. Given how prevalent it is, I decided to give you my Eliminate Back Pain Series as a bonus. The sessions are all done lying down and can be done in 35 minutes or less.</p> <p>The link to the first one is here: <a href="#">LINK</a></p> <p>And the rest can be found on the Easy Feldenkrais site on the Eliminate Back Pain page (you must login first)</p> <p>Keep in mind these session were recorded nearly 10 years ago. The sound quality is not as high as my newer sessions, but these are still very powerful. They can eliminate and prevent back pain symptoms, and generally make you feel good and relaxed.</p>		
Scan + EBP4	<p>Two options today. A session that is deep scan of your back and spine (very relaxing). Or the second session that has a nice long scan and some wonderful spinal movements on all fours. I recorded both yesterday. Based on a session from my "Eliminate Back Pain Now" series. (36- minutes). Enjoy!</p> <p>9-minute scan: <a href="#">LINK</a>  And the longer (36-minute session): <a href="#">LINK</a></p>		
AY457 "Both Sides" Side lying session	<p>chose to record this session because it is gentle. And yet, it kept making me fall asleep...which is a good sign that it can help certain parts of body and mind relax and let go. I call it "hip, shoulder, jaw." Tell me what you think of it? <a href="#">LINK</a></p>		
AY283 On One Leg	<p>Ok, based on AY283. This is a continuation of the last two standing and "hopping" sessions. I do this one in front of my kitchen counter in case I want to touch it for support....</p> <p><a href="#">LINK</a></p> <p>There are some kind of "ballerina" type movements in this one that are kind of fun.....</p> <p>Ryan</p>		
AY282 The Basis of Hopping 2	<p>Ok...a continuation of last week's session with some new variations and some parts done while lying down. Enjoy!</p>		

<p>AY281 The Basis of Hopping 1</p>	<p>This session done while standing (with breaks in sitting or lying down) was called, "the basis of hopping 1" by Feldenkrais. I hope your enjoy it!</p> <p>By the way - Many of you have heard me say this before, but I remain "tickled" (happy) to have found and recorded sessions done in standing from Moshe's classes at his studio on Alexander Yanai street in Israel. (That is why Feldenkrais people call them Alexander Yanai or "AY" sessions). Nearly all of the standing sessions are new to me....and many are rarely taught. There may be some more on the way....</p> <p>Ryan</p>		
<p>AY117 Gentle Legs</p>	<p>I could call these sessions “relaxing the belly” or “opening the lower back” as that is what many people report feeling afterward - the belly relaxed and open and the lower back is open as well. Both sessions are done lying down. Enjoy!</p> <p>This is the shorter version (27-minutes) it contains my version of the first part of what Moshe taught in AY 117: LINK</p> <p>And here is the longer version of "Gentle Legs." It is still very gentle and lovely (in my opinion). But it is about 20 minutes longer and contains more variations.</p> <p>LINK</p> <p>By the way - These are great sessions for relaxing and taking some time out. You can just do a few minutes and stop if you would like....</p>		
<p>Cultivating the Exhale</p>	<p>You can do this session sitting down or lying down...whatever you wish. It is a 21-minute "orienting" session based on one of Irene Lyon's sessions called "Cultivating The Exhale." Very relaxing and grounding and potentially very illuminating:</p> <p>LINK</p> <p>I hope you are doing great out there.</p> <p>And remember there are more sessions on the Easy Feldenkrais site. Click here to login.</p> <p>Cheers!</p> <p>Ryan</p>		

AY165 A New Eyes	<p>his is a bonus session to anyone who has purchased either of my "Easy Eyes" series from me. No cost. Nothing to do, just click the session link near the end of this email and enjoy.</p> <p>It is based on an extremely rare session first taught by Moshe Feldenkrais in Hebrew in Israel in the 1950's. It was translated into English for the first time in the late 1990's and I do not think it has ever been sold publicly. Students in my private Easy Feldenkrais group love it.</p> <p>I call it "growing a new eyeball (or two)." You can do it sitting in a chair or sitting on the floor cross-legged. You might think of this as a "mental" session as it involves a great deal of visualizing and imagining...but the movements are REAL. Enjoy. It can be deeply relaxing and illuminating. Based on Alexander Yania 165. LINK</p>		
AY110 Twisting Spine On The Back	<p>This is a gentle session but that gentleness is a little deceptive. The session involves some unique movements of the spine, back and neck that can be profound. And your body may need time to integrate the changes. So if you only do a few minutes and then fall asleep, or want to start and stop and come back to it, please do so. (Based on AY110 called, "On the back; twisting the spine with the head fixed")</p> <p>LINK</p>		
AY97 Lifting The Knees	<p>This is a gentle session but that gentleness is a little deceptive. The session involves some unique movements of the spine, back and neck that can be profound. And your body may need time to integrate the changes. So if you only do a few minutes and then fall asleep, or want to start and stop and come back to it, please do so. (Based on AY110 called, "On the back; twisting the spine with the head fixed")</p> <p>LINK</p>		
	Below is space for the sessions that you have coming for next year.....		
