

'seesaw breathing' from Mind in Motion Lesson Locator

<u>Title</u>	<u>Lesson No.</u>	<u>Source</u>	<u>Position</u>	<u>Iff Store</u>
<u>Lying on the feet, part 3 and breathing rhythmically #2 (Breathing in 4 parts)</u>	185	Alexander Yanai Volume 04b	Respiration	<b>Buy this ATM from the IFF store</b>
<u>Pressing to the floor and breathing (Breathing rhythmically #7)</u>	191	Alexander Yanai Volume 04b	Respiration	<b>Buy this ATM from the IFF store</b>
<u>Standing on one leg with movements</u>	289	Alexander Yanai Volume 06b	Standing	<b>Buy this ATM from the IFF store</b>
<u>Breathing</u>	17	Alexander Yanai Volume 01a	Respiration	<b>Buy this ATM from the IFF store</b>
<u>Alternately stomach in the breathing</u>	435	Alexander Yanai Volume 09b	Lying supine	<b>Buy this ATM from the IFF store</b>
<u>Bending the toes</u>	378	Alexander Yanai Volume 08b	Lying supine	<b>Buy this ATM from the IFF store</b>
<u>Basis of hopping, continuation(2)</u>	282	Alexander Yanai Volume 06b	Standing	<b>Buy this ATM from the IFF store</b>
<u>Pillows right and left</u>	381	Alexander Yanai Volume 08b	Lying supine	<b>Buy this ATM from the IFF store</b>
<u>Continuation on one leg</u>	283	Alexander Yanai Volume 06b	Standing	<b>Buy this ATM from the IFF store</b>
<u>Breathing rhythmically #3 (The left side)</u>	186	Alexander Yanai Volume 04b	Respiration	<b>Buy this ATM from the IFF store</b>
<u>Basis of hopping (1)</u>	281	Alexander Yanai Volume 06b	Standing	<b>Buy this ATM from the IFF store</b>
<u>Breathing rhythmically #1</u>	180	Alexander Yanai Volume 04b	Respiration	<b>Buy this ATM from the IFF store</b>
<u>On hands and shoulders</u>	280	Alexander Yanai Volume 06b	Lying supine	<b>Buy this ATM from the IFF store</b>

<a href="#">Slow improvement</a>	284	Alexander Yanai Volume 06b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">With the help of the limbs in the air, rolling to get up</a>	474	Alexander Yanai Volume 10a	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Distinction of the movement underneath the belly button in the breathing</a>	299	Alexander Yanai Volume 06b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Contracting the abdomen while exhaling</a>	21	Alexander Yanai Volume 01a	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Introduction to walking 1</a>	274	Alexander Yanai Volume 06a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Directed breathing (Breathing rhythmically #6)</a>	189	Alexander Yanai Volume 04b	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Breathing rhythmically #4 (on both sides)</a>	187	Alexander Yanai Volume 04b	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Breathing (To Weld by Breathing)</a>	179	Alexander Yanai Volume 04b	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Gluing in the lungs, part I</a>	201	Alexander Yanai Volume 05a	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">knots in the crotches</a>	346	Alexander Yanai Volume 07b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing on one leg with a hop</a>	290	Alexander Yanai Volume 06b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Swinging the legs on the side</a>	351	Alexander Yanai Volume 08a	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Training to sit without leaning on the floot</a>	310	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Heel in the hand</a>	407	Alexander Yanai Volume 09a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Next to a chair, statue standing</a>	487	Alexander Yanai Volume 10b	Standing	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Touching the floor in standing</a>	317	Alexander Yanai Volume 07a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">With the legs joined lying on the floor</a>	233	Alexander Yanai Volume 05b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation, the head on the upper arm</a>	319	Alexander Yanai Volume 07a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">With holding the knee</a>	383	Alexander Yanai Volume 08b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Partial turnings to the fronts 3</a>	276	Alexander Yanai Volume 06b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Gluing in the lungs, part 2</a>	202	Alexander Yanai Volume 05a	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Optimal lifting of the knees</a>	97	Alexander Yanai Volume 02b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Twisting the spine and breathing rhythmically #5</a>	188	Alexander Yanai Volume 04b	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On the stomach</a>	60	Alexander Yanai Volume 02a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">The line of effort in the stomach and the chest</a>	306	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lengthening on the stomach and back</a>	379	Alexander Yanai Volume 08b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing on the knees, continuation, on the front leg</a>	331	Alexander Yanai Volume 07b	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Walking</a>	243	Alexander Yanai Volume 05b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Stomach and chest first</a>	35	Alexander Yanai Volume 01b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing on one leg with movements to the sides</a>	291	Alexander Yanai Volume 06b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing on the knees</a>	329	Alexander Yanai Volume 07b	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Frog movement with the leg and the arch</a>	117	Alexander Yanai Volume 03a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Wide open twist to side</a>	430	Alexander Yanai Volume 09b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing (Shaking in the heels)</a>	235	Alexander Yanai Volume 05b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">The statue moves</a>	490	Alexander Yanai Volume 10b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Elbows in crooks</a>	277	Alexander Yanai Volume 06b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Palate, mouth, and teeth</a>	23	Alexander Yanai Volume 01a	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting the elbows, interlacing</a>	535	Alexander Yanai Volume 11b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">To statue standing</a>	488	Alexander Yanai Volume 10b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">(Continuation) on one knee</a>	297	Alexander Yanai Volume 06b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Gluing in the lungs, part 4 (Gluing and bending the back)</a>	204	Alexander Yanai Volume 05a	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation with holding the knee</a>	392	Alexander Yanai Volume 08b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending the feet in the toes</a>	431	Alexander Yanai Volume 09b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">The mouth and head cavity</a>	126	Alexander Yanai Volume 03b	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Walking backward</a>	443	Alexander Yanai Volume 09b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Gluing in the lungs, part 3</a>	203	Alexander Yanai Volume 05a	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Circles with the head and leg; on the side</a>	30	Alexander Yanai Volume 01b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Legs crossed and expanding chest and abdomen</a>	28	Alexander Yanai Volume 01b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Training to sit without learning on the floor, continuation</a>	311	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Pushing the hip backward</a>	335	Alexander Yanai Volume 07b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Ankle movements</a>	251	Alexander Yanai Volume 06a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Breathing rhythmically #1</a>	180	Alexander Yanai Volume 04b	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Sitting on the ankles</a>	349	Alexander Yanai Volume 07b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Toes and stepping</a>	421	Alexander Yanai Volume 09a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">12:00 with the chin and head</a>	481	Alexander Yanai Volume 10b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending knees - lying</a>	458	Alexander Yanai Volume 10a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Introduction to walking, 2, continuation</a>	275	Alexander Yanai Volume 06a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Rolling the head between the hands</a>	14	Alexander Yanai Volume 01a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation and return</a>	504	Alexander Yanai Volume 11a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Distinction of the vertebrae in swiinging</a>	293	Alexander Yanai Volume 06b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lines crossing and balancing the body</a>	256	Alexander Yanai Volume 06a	Standing	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Rolling at the rate of stretching and bending</a>	313	Alexander Yanai Volume 07a	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Preparation for rolling</a>	325	Alexander Yanai Volume 07a	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">End standing, continuation</a>	316	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Hopping and arms</a>	503	Alexander Yanai Volume 11a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">The line of effort in lying on the back</a>	307	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">The foot and its movements in space</a>	304	Alexander Yanai Volume 07a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Basic movements of the toes</a>	292	Alexander Yanai Volume 06b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On one leg Note: The beginning of the lesson is missing</a>	414	Alexander Yanai Volume 09a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Twist like in a -0- with differentiation</a>	352	Alexander Yanai Volume 08a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending movements of the head on a chair</a>	480	Alexander Yanai Volume 10b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On the side, head and pelvis</a>	440	Alexander Yanai Volume 09b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Tanden with bending the knees</a>	359	Alexander Yanai Volume 08a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Basic spreading of the legs</a>	212	Alexander Yanai Volume 05a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Legs pushing the pelvis and rocking the back</a>	224	Alexander Yanai Volume 05a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On the side, arms and feet</a>	441	Alexander Yanai Volume 09b	No Position	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">On the knees; diagonal see-saw</a>	123	Alexander Yanai Volume 03a	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Crossing knees and twisting back and pelvis</a>	140	Alexander Yanai Volume 03b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting in thought, on the stomach</a>	31	Alexander Yanai Volume 01b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lengthening and straightening the left leg (A continuation of Lesson #31)</a>	32	Alexander Yanai Volume 01b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Hopping over the left leg</a>	542	Alexander Yanai Volume 11b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Pearls and eyes</a>	26	Alexander Yanai Volume 01b	Eyes	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting your knee while sitting</a>	39	Alexander Yanai Volume 01b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Advancing on all four</a>	528	Alexander Yanai Volume 11b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Pushing the hip backward on both sides</a>	336	Alexander Yanai Volume 07b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Getting up from the knees while rolling the head</a>	91	Alexander Yanai Volume 02b	Multiple positions	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Eyes 1</a>	15	Alexander Yanai Volume 01a	Eyes	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Circles with the hand in sitting</a>	80	Alexander Yanai Volume 02b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting head with hands, abdominal muscles while lying on the floor</a>	66	Alexander Yanai Volume 02a	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Sliding on one leg</a>	49	Alexander Yanai Volume 01b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Head fixed, pelvis fixed while standing on the knees</a>	52	Alexander Yanai Volume 02a	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">In standing, turning the heels outside</a>	300	Alexander Yanai Volume 06b	Standing	<a href="#">Buy this ATM from the IFF store</a>

Buttocks	13	Alexander Yanai Volume 01a	Floor	<a href="#">Buy this ATM from the IFF store</a>
Seeing the heels	2	Alexander Yanai Volume 01a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
Walking on the heels	138	Alexander Yanai Volume 03b	Standing	<a href="#">Buy this ATM from the IFF store</a>
Work with the active (dominant) hand	124	Alexander Yanai Volume 03a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
Elbows and knees-continuation	365	Alexander Yanai Volume 08a	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Walking backwards</a>	354	Alexander Yanai Volume 08a	Chair	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Ankle on the knee to sitting</a>	442	Alexander Yanai Volume 09b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">The leg to the other side, rolling the head</a>	128	Alexander Yanai Volume 03b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Opposition on the side</a>	447	Alexander Yanai Volume 09b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Turning on a side axis</a>	242	Alexander Yanai Volume 05b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Legs and lifting back</a>	489	Alexander Yanai Volume 10b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Opposing movements in the head and shoulder, part 2</a>	221	Alexander Yanai Volume 05a	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending in standing</a>	449	Alexander Yanai Volume 09b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Fresh standing</a>	539	Alexander Yanai Volume 11b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Four Points</a>	16	Alexander Yanai Volume 01a	Four points	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Minimal lifting</a>	29	Alexander Yanai Volume 01b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Hands interlaced</a>	33	Alexander Yanai Volume 01b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation-Movements of the head in hand</a>	543	Alexander Yanai Volume 11b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Interweaving the back with the help of the hands, continuation (2)</a>	286	Alexander Yanai Volume 06b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Knees-righting</a>	510	Alexander Yanai Volume 11a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Rolling to sit with the elbows</a>	3	Alexander Yanai Volume 01a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation and beginning</a>	545	Alexander Yanai Volume 11b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Equalizing the nostrils</a>	5	Alexander Yanai Volume 01a	Respiration	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Twisting with the hand on the knee</a>	517	Alexander Yanai Volume 11a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Covering the eyes</a>	10	Alexander Yanai Volume 01a	Eyes	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending on one knee behind a chair</a>	267	Alexander Yanai Volume 06a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Passing the knee on either side of the elbow</a>	70	Alexander Yanai Volume 02a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Washing the face with the feet</a>	81	Alexander Yanai Volume 02b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Slow lifting: on the stomach</a>	76	Alexander Yanai Volume 02b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lengthening the arms</a>	89	Alexander Yanai Volume 02b	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lengthening the arms; sitting cross-legged</a>	90	Alexander Yanai Volume 02b	Floor	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Rolling with holding the bridge of the foot</a>	252	Alexander Yanai Volume 06a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Sitting-lying, continuation</a>	328	Alexander Yanai Volume 07b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Four points</a>	321	Alexander Yanai Volume 07a	Four points	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On right side, head and knee under the frame of left arm</a>	548	Alexander Yanai Volume 11b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On stomach lifting pubic bone</a>	549	Alexander Yanai Volume 11b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Skewering the spine in the chest</a>	308	Alexander Yanai Volume 07a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Knee hiding the foot</a>	63	Alexander Yanai Volume 02a	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Arm and knee on the diagonal</a>	348	Alexander Yanai Volume 07b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Edges of the feet</a>	433	Alexander Yanai Volume 09b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Legs to the side and lifting them with the hands</a>	135	Alexander Yanai Volume 03b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">(Pecking Movement) Arm circles while lifting the head</a>	129	Alexander Yanai Volume 03b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Tilting the knees on the stomach and twisting the spine by lifting the arms</a>	156	Alexander Yanai Volume 04a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting the head with the soles touching and lengthening the spine</a>	171	Alexander Yanai Volume 04a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Four points, introduction</a>	432	Alexander Yanai Volume 09b	Multiple positions	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Pillows and swings</a>	380	Alexander Yanai Volume 08b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Passing the feet in the arm ring</a>	375	Alexander Yanai Volume 08a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Hip joints backwards</a>	506	Alexander Yanai Volume 11a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Painting with soles of the feet</a>	111	Alexander Yanai Volume 03a	Image	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Turning on the heels</a>	373	Alexander Yanai Volume 08a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On the stomach; tilting the legs in circles</a>	118	Alexander Yanai Volume 03a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Crossing the toes and twisting the back (Heels under the pelvis #1) (In and Out)</a>	190	Alexander Yanai Volume 04b	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Sinking the spine between the shoulder blades</a>	96	Alexander Yanai Volume 02b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Ideal bending</a>	446	Alexander Yanai Volume 09b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On the back, diagonals and parallels knee-elbow (Soften ribs and enable Vertebral)</a>	229	Alexander Yanai Volume 05b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Rotation on an axis</a>	236	Alexander Yanai Volume 05b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lengthening the arms and legs with examination</a>	237	Alexander Yanai Volume 05b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Midway exercise to the previous one</a>	475	Alexander Yanai Volume 10a	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On the side of the chair--hopping</a>	483	Alexander Yanai Volume 10b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Separating on both sides</a>	472	Alexander Yanai Volume 10a	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">On chair, differentiated turning</a>	455	Alexander Yanai Volume 10a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Heels under the pelvis #7</a>	197	Alexander Yanai Volume 04b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Separation in lying with Saika</a>	460	Alexander Yanai Volume 10a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Pulling the knees and straightening the knees</a>	459	Alexander Yanai Volume 10a	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Twisting the back and pelvis with the elbows and legs</a>	137	Alexander Yanai Volume 03b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Interweaving the back with the help of the hands</a>	285	Alexander Yanai Volume 06b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting up on the hands</a>	279	Alexander Yanai Volume 06b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Elbows on the shoulder blades</a>	278	Alexander Yanai Volume 06b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Supporting the head, continuation</a>	534	Alexander Yanai Volume 11b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Basic Bending</a>	41	Alexander Yanai Volume 01b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation to sitting</a>	532	Alexander Yanai Volume 11b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Relaxing the muscles of the throat</a>	296	Alexander Yanai Volume 06b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting the pelvis with a swing of the legs</a>	40	Alexander Yanai Volume 01b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Foot on the head</a>	34	Alexander Yanai Volume 01b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Inverting hands</a>	544	Alexander Yanai Volume 11b	Floor	<a href="#">Buy this ATM from the IFF store</a>
Reptiles	513	Alexander Yanai Volume 11a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending the head to the side while sitting</a>	1	Alexander Yanai Volume 01a	Floor	<a href="#">Buy this ATM from the IFF store</a>
General coordination	246	Alexander Yanai Volume 05b	Multiple positions	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Heels and feet in circles</a>	245	Alexander Yanai Volume 05b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>

Lowering the head	46	Alexander Yanai Volume 01b	Floor	<a href="#">Buy this ATM from the IFF store</a>
Arms in Chanukiah-distinctions	257	Alexander Yanai Volume 06a	Floor	<a href="#">Buy this ATM from the IFF store</a>
Turning the head around its circumference and in the center	6	Alexander Yanai Volume 01a	No Position	<a href="#">Buy this ATM from the IFF store</a>
Chanukia, the candle holder	18	Alexander Yanai Volume 01a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
Turning of the back with fists closed, continuation	272	Alexander Yanai Volume 06a	Standing	<a href="#">Buy this ATM from the IFF store</a>
Extending the arms forward 1	271	Alexander Yanai Volume 06a	Standing	<a href="#">Buy this ATM from the IFF store</a>
<u>Hands behind the legs</u>	264	Alexander Yanai Volume 06a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<u>Preparation for a clock</u>	19	Alexander Yanai Volume 01a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<u>Sitting-lying, continuation</u>	327	Alexander Yanai Volume 07b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<u>With the hand leaning on the knee</u>	332	Alexander Yanai Volume 07b	Multiple positions	<a href="#">Buy this ATM from the IFF store</a>
<u>Standing on the knees, continuation</u>	330	Alexander Yanai Volume 07b	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<u>Rocking the back with the help of one leg</u>	74	Alexander Yanai Volume 02a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<u>Tilting the leg backward in sitting</u>	498	Alexander Yanai Volume 10b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<u>Clock:-the abdominal muscles</u>	83	Alexander Yanai Volume 02b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<u>Forward and backward; bending the head-A Gestalt</u>	86	Alexander Yanai Volume 02b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<u>Forehead in the hands, lifting the knees</u>	350	Alexander Yanai Volume 07b	Kneeling	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Twisting right and left</a>	94	Alexander Yanai Volume 02b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">From lying on the back with lower leg on other thigh to sitting with crossed legs</a>	92	Alexander Yanai Volume 02b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Diagonal image</a>	345	Alexander Yanai Volume 07b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Sitting-lying</a>	326	Alexander Yanai Volume 07b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting the feet</a>	324	Alexander Yanai Volume 07a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Preparation for a candle</a>	314	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Transferring support while on stomach</a>	58	Alexander Yanai Volume 02a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">End standing</a>	312	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Sliding the hands on the outside of the lower leg while lying on the side</a>	53	Alexander Yanai Volume 02a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation on the knees</a>	318	Alexander Yanai Volume 07a	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">In sitting, lengthening the arms</a>	322	Alexander Yanai Volume 07a	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Rolling the fists</a>	68	Alexander Yanai Volume 02a	Multiple positions	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Shoulders behind the back</a>	323	Alexander Yanai Volume 07a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lengthening leg into pulling movements while rolling</a>	67	Alexander Yanai Volume 02a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">A lecture/lesson: Self -image and the line of a ball that rolls</a>	303	Alexander Yanai Volume 07a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Circles with the legs (feet and lower legs)</a>	199	Alexander Yanai Volume 04b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending right and left</a>	143	Alexander Yanai Volume 03b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">End before the continuation</a>	395	Alexander Yanai Volume 08b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Looking at the back while sitting</a>	136	Alexander Yanai Volume 03b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Hands lifting the legs</a>	127	Alexander Yanai Volume 03b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">From sitting to standing while turning</a>	145	Alexander Yanai Volume 03b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending the spine while sitting in a chair</a>	146	Alexander Yanai Volume 03b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Twists and advanced twists</a>	155	Alexander Yanai Volume 04a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending with the help of the feet in contact Note: The beginning of the lesson is missing.</a>	404	Alexander Yanai Volume 09a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Getting up in a turn</a>	403	Alexander Yanai Volume 09a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Turning the palms of the hands</a>	402	Alexander Yanai Volume 09a	Multiple positions	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Continuation</a>	382	Alexander Yanai Volume 08b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Fingers backward</a>	125	Alexander Yanai Volume 03a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Lifting of the back with the knees</a>	104	Alexander Yanai Volume 03a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Cardinal head movements</a>	100	Alexander Yanai Volume 02b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting the elbows with a loose hand</a>	99	Alexander Yanai Volume 02b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Wiggle the knees</a>	353	Alexander Yanai Volume 08a	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Candle</a>	362	Alexander Yanai Volume 08a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Prayer</a>	363	Alexander Yanai Volume 08a	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lifting the head</a>	370	Alexander Yanai Volume 08a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">With the arms sideways; turning the arms</a>	113	Alexander Yanai Volume 03a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Elbows and knees- Continuation</a>	366	Alexander Yanai Volume 08a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">A sharp and mental twist</a>	415	Alexander Yanai Volume 09a	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Separating the spaces in (between) the toes</a>	161	Alexander Yanai Volume 04a	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing on the knee</a>	225	Alexander Yanai Volume 05a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<b><u>Title</u></b>	<b><u>Lesson No.</u></b>	<b><u>Source</u></b>	<b><u>Position</u></b>	<b><u>Iff Store</u></b>
<a href="#">Movements of the chin to the sides on a chair</a>	479	Alexander Yanai Volume 10b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Rolling from the back to side-sitting</a>	223	Alexander Yanai Volume 05a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">On the side, fast lifting of the head</a>	207	Alexander Yanai Volume 05a	Side-lying	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Placing the hand on top of the head, in sitting</a>	226	Alexander Yanai Volume 05b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bringing the knee to the face in an arch</a>	231	Alexander Yanai Volume 05b	Floor	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Expanding the spreading</a>	494	Alexander Yanai Volume 10b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing backward, part 2</a>	238	Alexander Yanai Volume 05b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Standing backward, part 1</a>	234	Alexander Yanai Volume 05b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Minimal movements; lying on the side; begin the movements in imagination</a>	232	Alexander Yanai Volume 05b	Image	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Each side separately</a>	457	Alexander Yanai Volume 10a	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Twisting the spine by sinking the lower legs</a>	200	Alexander Yanai Volume 04b	Lying prone	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Twisting and opposing gently</a>	434	Alexander Yanai Volume 09b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Lengthening the arms</a>	178	Alexander Yanai Volume 04b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Turning in the heels, part 2</a>	176	Alexander Yanai Volume 04b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Preparation for blanket</a>	422	Alexander Yanai Volume 09a	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Touching the heels in standing</a>	437	Alexander Yanai Volume 09b	Standing	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Bending the fingers backward, part 2</a>	182	Alexander Yanai Volume 04b	Lying supine	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Eyes and lines</a>	453	Alexander Yanai Volume 10a	Lying supine	<a href="#">Buy this ATM from the IFF store</a>

<a href="#">Heels under the pelvis #6 (Rolling up to sit)</a>	196	Alexander Yanai Volume 04b	No Position	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">The pelvis backward on the knees</a>	450	Alexander Yanai Volume 09b	Kneeling	<a href="#">Buy this ATM from the IFF store</a>
<a href="#">Arm around in lying</a>	495	Alexander Yanai Volume 10b	Side-lying	<a href="#">Buy this ATM from the IFF store</a>