

'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	Buy this ATM from the IFF store
<u>Pressing to the floor and breathing (Breathing rhythmically #7)</u>	191	Alexander Yanai Volume 04b	Respiration	Buy this ATM from the IFF store
<u>Standing on one leg with movements</u>	289	Alexander Yanai Volume 06b	Standing	Buy this ATM from the IFF store
<u>Breathing</u>	17	Alexander Yanai Volume 01a	Respiration	Buy this ATM from the IFF store
<u>Alternately stomach in the breathing</u>	435	Alexander Yanai Volume 09b	Lying supine	Buy this ATM from the IFF store
<u>Bending the toes</u>	378	Alexander Yanai Volume 08b	Lying supine	Buy this ATM from the IFF store
<u>Basis of hopping, continuation(2)</u>	282	Alexander Yanai Volume 06b	Standing	Buy this ATM from the IFF store
<u>Pillows right and left</u>	381	Alexander Yanai Volume 08b	Lying supine	Buy this ATM from the IFF store
<u>Continuation on one leg</u>	283	Alexander Yanai Volume 06b	Standing	Buy this ATM from the IFF store
<u>Breathing rhythmically #3 (The left side)</u>	186	Alexander Yanai Volume 04b	Respiration	Buy this ATM from the IFF store
<u>Basis of hopping (1)</u>	281	Alexander Yanai Volume 06b	Standing	Buy this ATM from the IFF store
<u>Breathing rhythmically #1</u>	180	Alexander Yanai Volume 04b	Respiration	Buy this ATM from the IFF store
<u>On hands and shoulders</u>	280	Alexander Yanai Volume 06b	Lying supine	Buy this ATM from the IFF store

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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