

Navigating the International Feldenkrais Federation (IFF) Distribution Center for Alexander Yanai (AY) lessons, Moshé's FI videos, books, and more 2

This guide/compilation is for Feldenkrais® or Anat Baniel Method® (ABM) Practitioners and Trainees. It is intended to be used in learning how to follow the IFF pages for viewing and purchasing the IFF study materials. The compilation grew out of tutorials for practitioners from the An-AY-a-Day meetings. Having the IFF and dropbox picture links ready for the Zoom chat has proved useful. We trust the guide may be useful to colleagues in the wider Feldenkrais® and (ABM) community© document prepared by Katarina Halm November 2019, excluding images and content which are © International Feldenkrais® Federation. 2

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Direct IFF link purchase transcripts of the Alexander Yanai Individual Lessons in English
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Printed or PDF volumes of 50 Alexander Yanai lessons each 9

** \$5 for a VERY PRACTICAL searchable PDF index of all 550 Alexander Yanai lessons.
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Dropbox link to this document

<https://www.dropbox.com/s/pd5xnt0ewb91znm/>

Short post for An-AY-a-Day Study of Moshé's Amherst Evening FI

Kwan Wong will be screen-sharing the video for each study. We pause to discuss the lesson and then watch the clip again.

*If you are already logged in, the Amherst FI links go through DIRECTLY to the page with Video and Notes. OR to create an IFF account use the REGISTRATION link: <https://feldenkrais-method.org/registration/>

Here is the LINK to all Amherst FI videos and notes *once you are logged in to the IFF*: <https://feldenkrais-method.org/.../amherst-evening-lessons/>

IFF Products/Materials LANDING Page

<https://feldenkrais-method.org/>

<https://www.dropbox.com/s/8xpci1vnwm6c9va/>

Picture of IFF MATERIALS LANDING PAGE

<https://www.dropbox.com/s/l5c1p6xp1nmf7ir/>

Picture of IFF MATERIALS WITH SPECIFIC LINKS IN THE SIDEBAR

<https://www.dropbox.com/s/lmbf9l8g7xe7pme/>

Picture of IFF STATEMENT OF PURPOSE

<https://www.dropbox.com/s/fh6b893fcllc27h/>

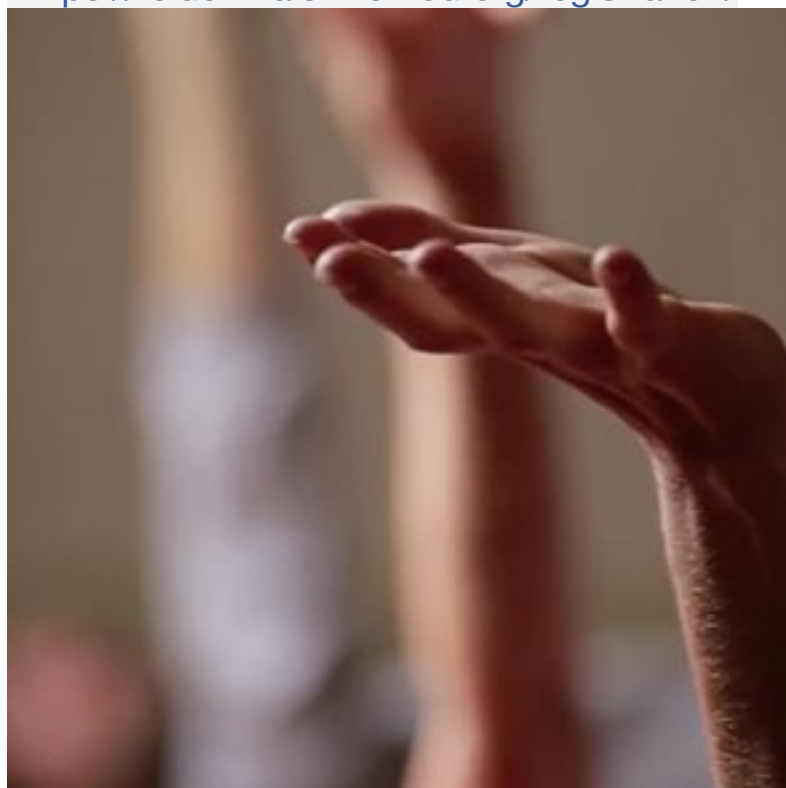
Log In - International Feldenkrais Federation (IFF)

[Log In - International Feldenkrais Federation \(IFF\)](#)

To register for a login to the IFF:

Create an IFF account use the REGISTRATION link:

<https://feldenkrais-method.org/registration/>



[FELDENKRAIS-METHOD.ORG](https://feldenkrais-method.org)

Here is the IFF landing page

Choose language: English

Welcome, katarina Account Log Out

IFF Archive Research Materials News

preserving the legacy of
DR. MOSHE FELDENKRAIS

About the Archive Browse the Collections

International *Feldenkrais*® Federation (IFF)

Find [member organisations](#) and read about the International *Feldenkrais* Federation. The IFF is the coordinating organization of Feldenkrais Guilds and Associations and other key Feldenkrais professional organizations worldwide. The IFF provides forums for the international community to meet and develop through constructive dialogue.

Archive of the *Feldenkrais Method*®

Students and Practitioners may log in to [watch videos](#) of Moshe Feldenkrais including the Amherst Evening Lessons while everyone can [Listen to audio recordings](#) of Dr. Feldenkrais, [read early articles](#), and [see photos](#) of him at work. The IFF Archive is dedicated to organizing, preserving, and making accessible the rich legacy of Dr. Moshe Feldenkrais.

Educational Materials for Practitioners and Students

Find AY lessons, recordings and transcripts in our online catalog. Students and Practitioners may log in to view the [full range of](#)

Support for Research and Scholarship

Read the *Feldenkrais Research Journal* and search the [Reference Database](#). The IFF supports [research related to](#)

The IFF Educational Materials for the public and for professionals

<https://www.dropbox.com/s/l5c1p6xp1nmf7ir/>

The screenshot shows the homepage of the International Feldenkrais Federation (IFF). The browser address bar displays <https://feldenkrais-method.org>. The website features a navigation bar with a language selector set to 'English', a welcome message for 'katarina', and links for 'Account' and 'Log Out'. Below the navigation bar is a main banner titled 'EDUCATIONAL MATERIALS from the archive of Moshe Feldenkrais', with buttons for 'For Practitioners and Trainees' and 'For Everyone'. The main content area is divided into four sections: 'International Feldenkrais® Federation (IFF)' with a world map icon, 'Archive of the Feldenkrais Method®' with a photo of Moshe Feldenkrais, 'Educational Materials for Practitioners and Students' with a colorful line icon, and 'Support for Research and Scholarship' with a book icon. The sidebar on the right contains a list of categories from A to Z.

Here is a **Direct link to a page which includes at the top the AY lessons once you are logged in to the IFF:**

https://feldenkrais-method.org/materials/catalog/?filter_language=english&query_type_language=or

This is actually a link to ALL the IFF materials in English. From there you can 'choose language' from the little black box in the upper right corner. At the top of the main section of the page are little links for the AY lessons and then more and more of Moshé's recordings and other resources further down the page. There is also a sidebar on the far right of the page, where you can choose among many categories.

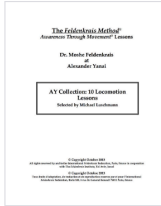
→ ↻ feldenkrais-method.org/materials/catalog/?filter_language=english&query_type_language=or ☆

Apps ELLEN ALL Chairs - Welcome... ABC D-E GHI JKLM NOP QRS TUV WXYZ OPEN ALL #1 » Other Bc


INTERNATIONAL *feldenkrais* FEDERATION

Choose language: English>Welcome, katarinaAccountLog Out


IFF Archive Research **Materials** News




Alexander Yanai Collections
\$17.50




Alexander Yanai Individual Lessons in English
\$2.25




Alexander Yanai Lesson Index
\$5.00




Alexander Yanai Subscription




Alexander Yanai Volumes



Amherst Evening Lessons



Amherst Evening Lessons with Commentary



Amherst Training: Lessons and Talks
\$7.50

Materials

For Practitioners and Trainees

- [Find by Language](#)
- [Subscription Options](#)
- [Awareness Through Movement®](#)
- [Functional Integration®](#)
- [Trainings](#)
- [Workshops and Talks](#)
- [Downloadable Materials](#)
- [Publications and Images](#)
- [Promotional Materials](#)
- [Free Materials](#)
- [Find by Language](#)
- [Archive Collections](#)
- [For Everyone](#)
- [Trainee Resources](#)
- [Guidelines and Policies](#)

IFF Materials page with sidebar

<https://feldenkrais-method.org/materials/>

← → ↻ feldenkrais-method.org/materials/ ☆

Apps ELLEN ALL Chairs - Welcome... ABC D-E GHI JKLM NOP QRS TUV WXYZ » Other Bookmarks

INTERNATIONAL *feldenkrais* FEDERATION

Choose language: English>Welcome, katarinaAccountLog Out

IFF Archive Research **Materials** News

Materials

IFF Materials

The International *Feldenkrais*® Federation (IFF) is dedicated to making original teachings of Dr. Moshe Feldenkrais available to practitioners and students-in-training. Select materials by language [here](#).

Please look at the top of the screen, and use the "Choose Language" tool to select your preferred language. This will help you navigate our website.

Materials for Practitioners and Trainees

If you are a Feldenkrais Practitioner or Trainee, you may [register](#) or [log in](#) to access these materials.

To browse and purchase these resources, visit [For Practitioners and Trainees](#). [Free materials](#) such as photos videos and learning materials are available also. The IFF supports the professional development of the worldwide Feldenkrais community by providing a remarkable collection of teaching and learning materials. Transcripts of *Awareness Through Movement*® lessons, videos of *Functional Integration*® lessons, and all of Dr. Feldenkrais' professional training programs that were recorded (including San Francisco and Amherst) are available for Practitioners and Trainees.

Materials for Everyone

Materials

For Practitioners and Trainees

- [Find by Language](#)
- [Subscription Options](#)
- [Awareness Through Movement®](#)
- [Functional Integration®](#)
- [Trainings](#)
- [Workshops and Talks](#)
- [Downloadable Materials](#)
- [Publications and Images](#)
- [Promotional Materials](#)
- [Free Materials](#)
- [Find by Language](#)
- [Archive Collections](#)
- [For Everyone](#)

<https://www.dropbox.com/s/lmbf9l8g7xe7pme/>

List from the Materials sidebar:

** For Practitioners and Trainees

** Find by Language

** Archive Collection

** For Everyone

** SECTION For Practitioners and Trainees includes the following:

Subscription Options

Awareness Through Movement®

Functional Integration®

Trainings

Workshops and Talks

Downloadable Materials

Publications and Images

Promotional Materials

Free Materials

Find by Language

Archive Collections

For Everyone

Trainee Resources

Guidelines and Policies

Copyright Information

User License Agreement

Medical Disclaimer

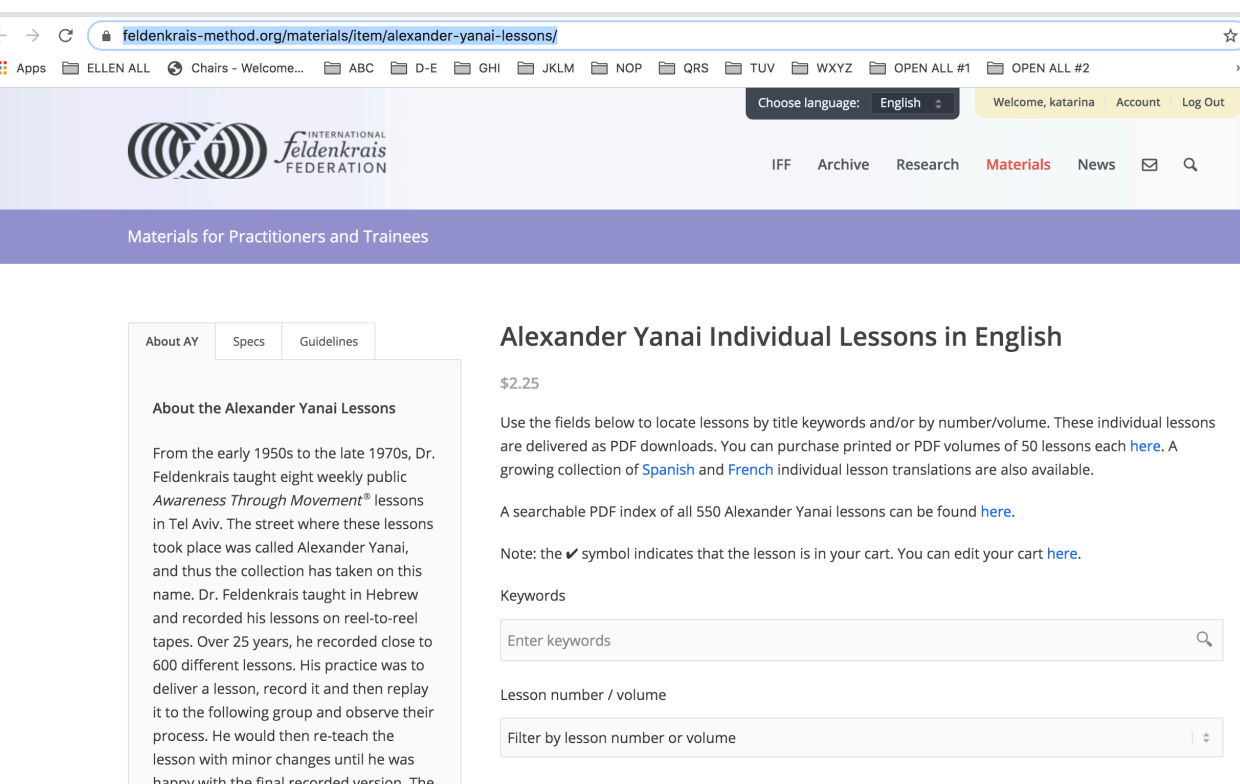
Ordering and Shipping Policies

IFF Distribution Center

Contributors

Direct IFF link purchase transcripts of the Alexander Yanai Individual Lessons in English <https://feldenkrais-method.org/materials/item/alexander-yanai-lessons/>

From there you can find other languages from the tiny black box in the upper right corner.



The screenshot shows the website feldenkrais-method.org/materials/item/alexander-yanai-lessons/. The page features the International Feldenkrais Federation logo and a navigation bar with links for IFF, Archive, Research, Materials, and News. A sidebar on the left contains tabs for 'About AY', 'Specs', and 'Guidelines'. The main content area is titled 'Alexander Yanai Individual Lessons in English' and lists the price as '\$2.25'. It provides instructions on how to search for lessons by keywords or number/volume, and mentions that Spanish and French translations are available. A search bar and a filter dropdown are provided for user interaction.

Alexander Yanai Individual Lessons in English

\$2.25

Use the fields below to locate lessons by title keywords and/or by number/volume. These individual lessons are delivered as PDF downloads. You can purchase printed or PDF volumes of 50 lessons each [here](#). A growing collection of [Spanish](#) and [French](#) individual lesson translations are also available.

A searchable PDF index of all 550 Alexander Yanai lessons can be found [here](#).

Note: the ✓ symbol indicates that the lesson is in your cart. You can edit your cart [here](#).

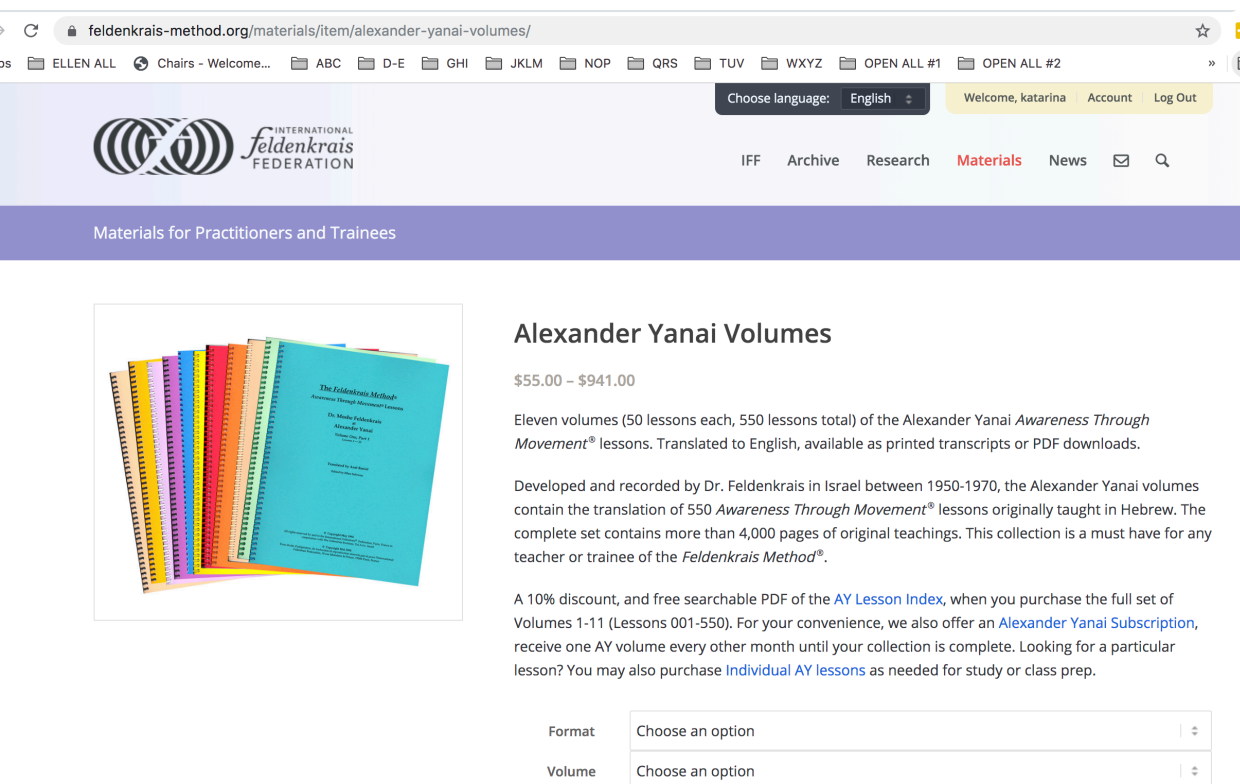
Keywords

Enter keywords

Lesson number / volume

Filter by lesson number or volume

Printed or PDF volumes of 50 Alexander Yanai lessons each
<https://feldenkrais-method.org/materials/item/alexander-yanai-volumes/>.
[https://www.dropbox.com/s/59h02uy1dh4aokd/](https://www.dropbox.com/s/59h02uy1dh4aokd/Screenshot%202019-11-13%2011.53.11.png?dl=0)
 Screenshot%202019-11-13%2011.53.11.png?dl=0



The screenshot shows the website feldenkrais-method.org/materials/item/alexander-yanai-volumes/. The page features the International Feldenkrais Federation logo and navigation links. The main heading is "Alexander Yanai Volumes" with a price range of \$55.00 – \$941.00. The description states that there are eleven volumes (50 lessons each, 550 lessons total) of the Alexander Yanai *Awareness Through Movement*® lessons, translated to English. It mentions that the volumes were developed and recorded by Dr. Feldenkrais in Israel between 1950-1970. A 10% discount and a free searchable PDF of the [AY Lesson Index](#) are offered when purchasing the full set of Volumes 1-11 (Lessons 001-550). The page also includes a table for selecting the format and volume.

Format	Choose an option
Volume	Choose an option

**** \$5 for a VERY PRACTICAL searchable PDF index of all 550 Alexander Yanai lessons. "The Lesson Index helps you locate just the right lesson."**

<https://feldenkrais-method.org/materials/item/alexander-yanai-lesson-index/>

→ ↻ feldenkrais-method.org/materials/item/alexander-yanai-lesson-index/ ☆

Apps ELLEN ALL Chairs - Welcome... ABC D-E GHI JKLM NOP QRS TUV WXYZ OPEN ALL #1 OPEN ALL #2 »

Choose language: English Welcome, katarina Account Log Out

IFF Archive Research **Materials** News 🔍

Materials for Practitioners and Trainees

PDF Index of Alexander Yanai lessons, Volumes 1-11.
Use the find function to search for lessons by keywords.

Awareness Through Movement (ATM) Title	ATM #	Volume Reference
Bending the head to the side while sitting	1	Volume 1 Part A Page 1
Seeing the head	2	Volume 1 Part A Page 1
Rolling to sit with the elbows	3	Volume 1 Part A Page 13
Sitting Indian fashion	4	Volume 1 Part A Page 19
Equalizing the nostrils	5	Volume 1 Part A Page 25
Turning the head around its circumference and in the center	6	Volume 1 Part A Page 31
Seeing the heels while lying on the stomach	7	Volume 1 Part A Page 39
Rolling the head between the hands	8	Volume 1 Part A Page 45
Preparation for a shoulder stand (on the back)	9	Volume 1 Part A Page 51
Covering the eyes	10	Volume 1 Part A Page 57
Preparation for shoulder stand	11	Volume 1 Part A Page 63
Sitting with straight legs	12	Volume 1 Part A Page 69
Buttocks	13	Volume 1 Part A Page 73
Rolling the head between the hands	14	Volume 1 Part A Page 79
Eyes 1	15	Volume 1 Part A Page 85
Four points	16	Volume 1 Part A Page 91
Breathing	17	Volume 1 Part A Page 97
Charade, the candle holder	18	Volume 1 Part A Page 103
Preparation for a clock	19	Volume 1 Part A Page 111
Bending the elbows over the knees	20	Volume 1 Part A Page 117
Contracting the abdomen while standing	21	Volume 1 Part A Page 123
Sitting on the floor with the help of your hands	22	Volume 1 Part A Page 131
Feet, neck, and teeth	23	Volume 1 Part A Page 137
The body image, a lecture	24	Volume 1 Part A Page 145
On the chest	25	Volume 1 Part A Page 149
Pearls and eyes	26	Volume 1 Part B Page 155
Elbows and knees touching	27	Volume 1 Part B Page 165
Legs crossed and expanding chest and abdomen	28	Volume 1 Part B Page 171
Minimal sitting	29	Volume 1 Part B Page 179
Circles with the head and leg: on the side	30	Volume 1 Part B Page 185
Lifting in thoughts, on the stomach	31	Volume 1 Part B Page 193
Lengthening and straightening the left leg (A continuation of Lesson #31)	32	Volume 1 Part B Page 201
Hands interlaced	33	Volume 1 Part B Page 209
Foot on the head	34	Volume 1 Part B Page 215
The foot and its toes	35	Volume 1 Part B Page 229
Sitting along the length of the leg	36	Volume 1 Part B Page 235
Head and back (distinctions in turns)	38	Volume 1 Part B Page 241
Lifting your knees while sitting	39	Volume 1 Part B Page 247
Lifting the pelvis with a swing of the legs	40	Volume 1 Part B Page 253
Head, bending	41	Volume 1 Part B Page 257
Lifting the head/neck	42	Volume 1 Part B Page 261
Lifting the pelvis on standing feet	43	Volume 1 Part B Page 267
Lengthening of the arms in the shoulder blades	44	Volume 1 Part B Page 275
Lifting the elbows in front	45	Volume 1 Part B Page 281
Lowering the head	46	Volume 1 Part B Page 287
Lifting the lower leg with both hands	47	Volume 1 Part B Page 295

To purchase another copy of this index, individual Alexander Yanai lessons, or other materials, register and login at: feldenkrais-method.org/dc

Alexander Yanai Lesson Index

\$5.00

- 1 + Add to cart

About AY About Specs Guidelines

About the Alexander Yanai Lessons

From the early 1950s to the late 1970s, Dr. Feldenkrais taught eight weekly public *Awareness Through Movement®* lessons in Tel Aviv. The street where these lessons took place was called Alexander Yanai, and thus the collection has taken on this name. Dr. Feldenkrais taught in Hebrew and recorded his lessons on reel-to-reel tapes. Over 25 years, he recorded close to 600 different lessons. His practice was to deliver a lesson, record it and then replay it to the following group and observe their process. He would then re-teach the lesson with minor changes until he was happy with the final recorded version. The Alexander Yanai lessons are transcriptions of Dr. Feldenkrais' recordings.

The International *Feldenkrais* Federation (IFF) statement of purpose

<https://www.dropbox.com/s/fh6b893fc1lc27h/>



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Educational Materials for Practitioners and Students

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