

Amherst Evening Functional Integration® Lessons ~ Larry

Larry a 78 year old man, 22 heart attacks; kidneys not functioning; memory lapse and spatial disorientation.

LISTING MOSHE'S AMHERST EVENING FI LESSONS FOR LARRY

- 1/ Larry Lesson 1: Work on feet; putting proper shoe on proper foot; putting on a tie. (28 June 1980)
- 2/ Larry Lesson 2: Integrating on the right side. (29 June 1980)
- 3/ Larry Lesson 3: Prone; work on feet and spine. (30 June 1980)
- 4/ Larry Lesson 4: Moshe briefly explains to Larry how he handled him. Balance lesson; ataxia problem. (5 July 1980)
- 5/ Larry Lesson 5: Integration of parts. (8 July 1980)
- Larry Lesson 6: Preparation for standing; balance lesson. 67 July 1980
- 7/ Larry Lesson 7: Left foot and side integration. (22 July 1980)
- 8/ Larry Lesson 8: Work on neck for eye difficulty. Moshe explains about flexibility in opposition. (24 July 1980)
- 9/ Larry Lesson 9: Left foot and neck organizations. Moshe talks about allowing a person time to find his own way. (29 July 1980)

Larry Lesson 1: Work on feet; putting proper shoe on proper foot; putting on a tie. (28 June 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-1/>

Larry Lesson 2: Integrating on the right side. (29 June 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-2/>

Larry Lesson 3: Prone; work on feet and spine. (30 June 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-3/>

Larry Lesson 4: Moshe briefly explains to Larry how he handled him. Balance lesson; ataxia problem. (5 July 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-4/>

Larry Lesson 5: Integration of parts. (8 July 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-5/>

Larry Lesson 6: Preparation for standing; balance lesson. (17 July 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-6/>

Larry Lesson 7: Left foot and side integration. (22 July 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-7/>

Larry Lesson 8: Work on neck for eye difficulty. Moshe explains about flexibility in opposition. (24 July 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-8/>

Larry Lesson 9: Left foot and neck organizations. Moshe talks about allowing a person time to find his own way. (29 July 1980)

<https://feldenkrais-method.org/archive/collection/larry-lesson-9/>

For help with locating lesson transcripts, videos, books and free resources

<https://thinkinginmovement.ca/navigating-iff/>