

Amherst Evening Functional Integration® Lessons ~ Riekes

Riekes is a middle aged woman suffering from a stroke or multiple sclerosis.

Riekes Lesson 1: Integrating right side. Moshe shares a story about Noguchi. (30 June 1980) <https://feldenkrais-method.org/archive/collection/riekes-lesson-1/>

Riekes Lesson 2: Feet and head work for balance. (2 July 1980) <https://feldenkrais-method.org/archive/collection/riekes-lesson-2/>

Riekes Lesson 3: Walking. (3 July 1980) <https://feldenkrais-method.org/archive/collection/riekes-lesson-3/>

For help with locating lesson transcripts, videos, books and free resources <https://thinkinginmovement.ca/navigating-iff/>