

Esalen Workshop, 1972

Audio Recordings lesson titles in correspondence to The Esalen Notes'
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Audio Recordings	The Esalen Notes prepared by Judith Stransky (EE)
01 – Introduction and General Remarks.	n/a
02 – Scanning and General Remarks.	EE 1 Scanning
03 – Lying on the Stomach and Lifting Head.	EE 2 Lifting Head, Legs, Arms
04 – Tilting Cross Legs.	EE 3 Tilting Crossed Legs, Rotating the Spine
05 – Four Cardinal Points of Support of Body.	EE 4 Four Cardinal Points of Support on Hands & Feet, Sitting to the Right and Left
06 – Theme and Variations of Right Hip Joint.	EE 5 Right Hip Joint. Lying Down—Raise Knee, Feet, Head & Shoulders
07 – Intro to Dial Movement of the Pelvis.	EE 6 Dial Movement of the Pelvis
08 – First of Spine Chain Series.	EE 7 Spine Chain—Shoulder Girdle
09 – Actual & Mental Right Hip Symphony.	EE 8 Hip Rotation
10 – Tilting Legs Right and Left Lying on Stomach and Searching Middle.	EE 9 Tilting Legs to Center
11 – Wringing the Shoulder Girdle.	EE 10 Shoulder Rotation (Wringing)
12 – Restoring Life to Hamstrings.	EE 11 Lengthening Hamstrings
13 – Re-education of the Eyes.	EE 12 Reeducation of the Eyes
14 – Differentiation of Head Movement.	EE 13 Head Turning (Cervical)
15 – Abdomen and Chest in Breathing.	EE 14 Breath—Abdomen & Chest
16 – Foot Hip Discrimination.	EE 15 Foot/Hip Discrimination
17 – Walking Backward.	EE 16 Getting Back Back
18 – Head Through the Gate.	EE 17 Head Through the Gate
19 – Mobilization of the Right Side Only.	EE 18 Fundamental Properties (Introductory Lesson #1)
20 – Furthering the Learning of the First Lesson.	EE 19 On Stomach, Lengthening, Head Forward (Introductory Lesson #2)
21 – Flexors Mostly.	EE 20 Flexors (Introductory Lesson #3)
22 – Jelly Pudding.	EE 21 Pushing Hip Joints, Sliding Spine (Introductory Lesson #4)
23 – Left Shoulder Differentiation & Reintegration into the Self Image.	EE 22 Left Shoulder, Lying on Side (Introductory Lesson #5)

24 – Raising the Entire Self to Function with a Live Shoulder.	EE 23 Integrating Whole Body with the Improved Shoulder (Continued from Lesson #22)
25 – Exploring the Extensors of the Back.	EE 24 On Stomach, Bumping Knees (Introductory Lesson #6)
26 – Foot Above the Head and its Integration into the Self Image.	n/a
27 – Primitive Locomotion Coordinating the Locomotive Joints	EE 25 Crawling, on knees (Introductory Lesson #7)
28 – Rhythmic Coordination.	EE 26 Rhythmic Coordination (Introductory Lesson #8)
29 – Differentiation of Toes Increasing Awareness of Toes in Action.	EE 27 Awareness and Differentiation of the Toes
30 – Exploring Floor Behind the Head Making the Bridge.	EE 28 Shoulder-Wrist Rotation and Bridge
31 – Looking for Yourself Cleaning the Left Side of Your Self Image.	EE 29 Painting the Left Side
32 – Concretizing the Self Image.	EE 30 Measuring Body Distances & Lengths of Parts by Thoughts & Perception
33 – Exploring the Outer Ranges of Hands Behind the Head.	EE 31 Movements of the Shoulder Blades
34 – Elementary Eye Training.	EE 32 Eye Exercises
35 – Initiation in Rolling.	EE 33 Introduction to Rolling
36 – Getting familiar with the diagonals.	EE 34 Rolling with Knees Crossed, Holding Toes
37 – Introduction to Head Stand.	EE 35 Introduction to Standing on Head
38 – Elementary Attempts in Loving Oneself.	EE 36 Rapping Heels, Caressing Legs, Standing & Walking
39 – Making the Unthinkable Feasible.	EE 37 Fingertips Under Armpits
40 – Doing the Impossible Toad Movement.	EE 38 Toad—the “Impossible” Lesson
41 – Centering for Strength in Pelvis & Intelligence in Extremities.	EE 40 Mobilizing Pelvis Thrust
42 – Sensory Exploration of Lips, Tongue, Mouth.	EE 40 Tongue
43 – Becoming Aware of Stretch Effects in Extensors through Exercising Flexors.	EE 41 Thorax & Back
44 – Pelvic Locomotion Differentiation of Gluteals.	EE 42 Buttocks & Pelvis
45 – Extensors Put to Task.	EE 43 Working Extensors of the Back

46 – Imagination and Action to Complete the Back Self Image.

n/a