Listing AY lessons with a 'chair' in the title ~ Moshé Feldenkrais at Alexander Yanai

(compiled from Feldy Notebook by Katarina Halm August 2020 ~ if I missed one please let me know to prepare an update!)

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Alexander Yanai Vol 1 (1-50) (https://feldynotebook.com/alexander-yanai-vol-1/) None w/ chair in title

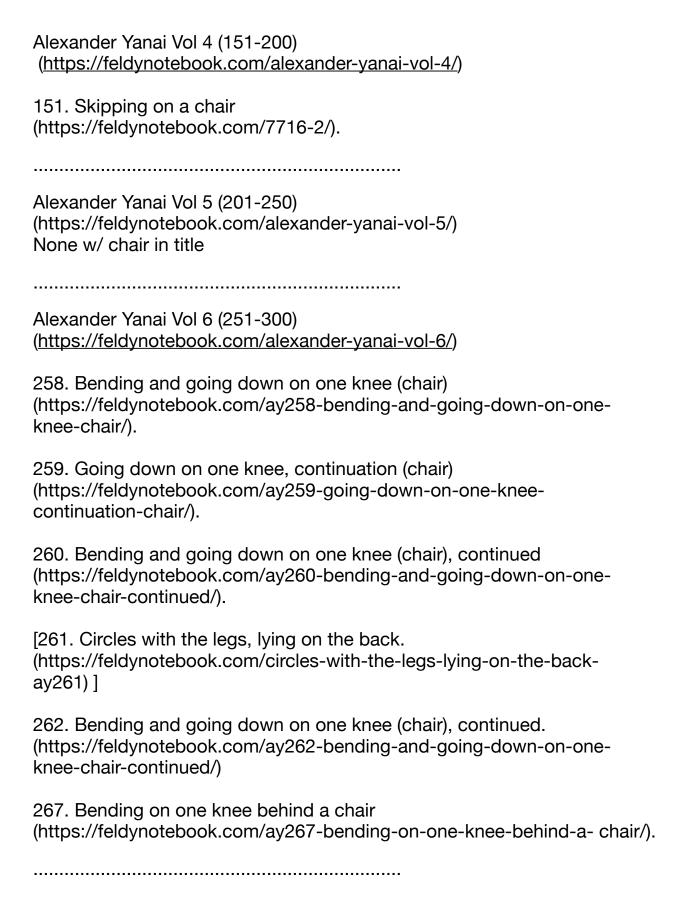
Alexander Yanai Vol 2 (51-100) (https://feldynotebook.com/alexander-yanai-vol-2/) None w/ chair in title

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Alexander Yanai Vol 3 (101-150) (https://feldynotebook.com/alexander-yanai-vol-3/)

- 146. Bending the spine while sitting in a chair (https://feldynotebook.com/ay146-bending-the-spine-while-sitting-in-a-chair/).
- 147. Standing up from the chair with crossed legs (https://feldynotebook.com/ay-147-standing-up-from-the-chair-with-crossed-legs/).
- 148. Twisting and bending sitting on a chair (https://feldynotebook.com/ay148-twisting-and-bending-sitting-on-a-chair/).
- 149. Sitting on the toes next to a chair (https://feldynotebook.com/ay149- sitting-on-the-toes-next-to-a-chair/).

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Alexander Yanai Vol 7 (301-350) (https://feldynotebook.com/alexander-yanai-vol-7/) None w/ chair in title Alexander Yanai Vol 8 (351-400) (https://feldynotebook.com/alexander-yanai-vol-8/) 355. Bending knees – chair. (https://feldynotebook.com/ay355-bending-knees-chair/) Alexander Yanai Vol 9 (401-450) (https://feldynotebook.com/alexander-yanai-vol-9/) 424. Bending behind a chair (https://feldynotebook.com/ay424-bending-behind-a-chair/) Alexander Yanai Vol 10 (451-500) (https://feldynotebook.com/alexander-yanai-vol- 10/) Alexander Yanai Vol 10 (https://feldynotebook.com/alexander- yanai-vol-10/) 455. On chair, differentiated turning (https://feldynotebook.com/ay455- on-chair-differentiated-turning/) 469. Separating twists on a chair (https://feldynotebook.com/separating-twists-on-a-chair-ay469/) 478. Chin movements on a chair (https://feldynotebook.com/ay478- chinmovements-on-a-chair/). 479. Movements of the chin to the sides on a chair (https:// feldynotebook.com/ay479-movements-of-the-chin-to-the- sides-on-achair/). 480. Bending Movements of the head on a chair (https:// feldynotebook.com/ay480-bending-movements-of-the-head- on-a-chair/). [481. Twelve o'clock with the chin, Twelve o'clock with the head. (https://feldynotebook.com/ay481-twelve-oclock-with-the-chin-twelve-oclock-with-the-head/)]

482. Introduction next to a chair (The foot). (https://feldynotebook.com/ay482-introduction-next-to-a-chair-the- foot/)

483. on the side of the chair-hopping (https://feldynotebook.com/ay483-on-the-side-of-the-chair-hopping/).

486. Holding the chair and hopping (https://feldynotebook.com/ay486-holding-the-chair-and-hopping/).

487. Next to a chair, statue standing (https://feldynotebook.com/ay487-next-to-a-chair-statue-standing/)

Alexander Yanai Vol 11 (501-550) (https://feldynotebook.com/alexander-yanai- vol-11/)

None w/ chair in title