

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 4 (151-200)
(<https://feldynotebook.com/alexander-yanai-vol-4/>)

151. Skipping on a chair
(<https://feldynotebook.com/7716-2/>).

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Alexander Yanai Vol 5 (201-250)
(<https://feldynotebook.com/alexander-yanai-vol-5/>)
None w/ chair in title

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Alexander Yanai Vol 6 (251-300)
(<https://feldynotebook.com/alexander-yanai-vol-6/>)

258. Bending and going down on one knee (chair)
(<https://feldynotebook.com/ay258-bending-and-going-down-on-one-knee-chair/>).

259. Going down on one knee, continuation (chair)
(<https://feldynotebook.com/ay259-going-down-on-one-knee-continuation-chair/>).

260. Bending and going down on one knee (chair), continued
(<https://feldynotebook.com/ay260-bending-and-going-down-on-one-knee-chair-continued/>).

[261. Circles with the legs, lying on the back.
(<https://feldynotebook.com/circles-with-the-legs-lying-on-the-back-ay261>)]

262. Bending and going down on one knee (chair), continued.
(<https://feldynotebook.com/ay262-bending-and-going-down-on-one-knee-chair-continued/>)

267. Bending on one knee behind a chair
(<https://feldynotebook.com/ay267-bending-on-one-knee-behind-a-chair/>).

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Alexander Yanai Vol 7 (301-350)
(<https://feldynotebook.com/alexander-yanai-vol-7/>)

None w/ chair in title

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Alexander Yanai Vol 8 (351-400)
(<https://feldynotebook.com/alexander-yanai-vol-8/>)

355. Bending knees – chair.
(<https://feldynotebook.com/ay355-bending-knees-chair/>)

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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/>)

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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-chin-movements-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-a-chair/>).

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/>)

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

None w/ chair in title

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