

**The Master Moves by Moshe
Feldenkrais Mann Ranch Workshop
(1979)**

The Master Moves – Mann Ranch Workshop (1979) Collection (*with appreciation for a page at feldynotebook*).

From the original introduction by Carl Ginsburg: “In this transcript of Moshe’s five-day public workshop at Mann Ranch in Northern California in 1979, the full range of his thinking and his teaching style can be explored. All his major ideas on movement, human development, sensitivity, awareness, and so forth are presented both as exposition and exploration through movement lessons. These lessons, part of his unique contribution to human development, are the key to understanding the *Feldenkrais Method*.”

This book is the transcription of that workshop. The Spanish edition has been faithfully translated and includes a wonderful introduction and orientation to the material by Miguel Ángel Martínez Moya, President of the Mexican Association of the *Feldenkrais Method*.

And a recent release from The International Feldenkrais® Federation (IFF) Distribution Center: The Master Moves, the “third ATM-only teacher training” is now available as an ebook: <https://feldenkrais-method.org/materials/item/mann-ranch-workshop-collection/>.

“The Mann Ranch Workshop was open to the public and its graduates were allowed to teach Awareness Through Movement® lessons to the public. It was the third ATM-only teacher training Moshe Feldenkrais ever taught. The Workshop was recorded and later transcribed and published under the title The Master Moves. The IFF is delighted to have received the rights to re-publish this out-of-print classic and to support its translation into Spanish. ”

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