



## La Sabiduria del Cuerpo

*Dr Moshe Feldenkrais*



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### La Sabiduria del Cuerpo Dr Moshe Feldenkrais

Nearly fifty years ago, Moshe Feldenkrais elaborated an extraordinary method of learning based on the corporal movement your name has. The Wisdom of the Body is the first of articles and interviews of Feldenkrais published in Spanish which includes several of his writings.



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346 pages

About the Author

Moshe Feldenkrais (1904-1984) is also the author of *The Body and Mature Behavior* and *The Elusive Obvious*, among other books, and originated the Awareness-Through-Movement method for increased health and heightened sensory awareness.

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