

Mp3 Lavinia Plonka - Unstress Through Movement

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Feldenkrais Awareness Through Movement exercises that relax and rejuvenate. 8 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Meditation Details: Lavinia Plonka is a Guild Certified Feldenkrais Practitioner(sm) and Emmy nominated choreographer with over 30 years of experience in movement. Her experience as a teacher ranges from artist in residence for the Guggenheim Museum to consulting for the Irish National Folk Theater. She is director of the Asheville Movement Center in NC where she manages a busy private practice. Lavinia teaches Feldenkrais related workshops internationally. She is the author of What Are You Afraid Of? A Body-Mind Guide To Courageous Living, which has been translated into five languages and Walking Your Talk: Changing Your Life Through the Magic of Body Language, both published by Tarcher Penguin. Her 40 years of airplane travel inspired her to create this CD. For more information about Lavinia, log on to laviniaplanka.com The Feldenkrais Method is an educational system, not a substitute for medical treatment. Although the lessons are gentle and extremely effective when instructions are properly followed, please consult a physician if you have any doubts or questions about your ability to do these exercises.

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