



Mindful Spontaneity: Lessons in the Feldenkrais Method

By Ruthy Alon

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Ruthy Alon's description of Feldenkrais work in *Mindful Spontaneity* is a favored text of a generation of Feldenkrais enthusiasts. Alon weaves experiential and theoretical information in a poetic yet pragmatic language. These simple and unexpected suggestions will help everyone who suffers from restricted movement or pain to find a new sense of freedom.

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Editorial Review

Review

"Ruthy Alon's exercises will enable many people to tap into the natural wisdom of their bodies and find greater ease and freedom in their lives."

-Jack Heggie, author of *Skiing With the Whole Body*

"Ruthy Alon, one of the world's leading Feldenkrais teachers, has written a book which offers magical results for all those who enter within and read."

-David Zemach-Bersin, co-author of *Relaxercise*

About the Author

Ruthy Alon began working with Moshe Feldenkrais in the 1960s in Israel, and is considered one of the foremost teachers of The Feldenkrais Method in the world. She teaches throughout Europe, America, and Australia as well as in Israel, where she makes her home.

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