



Feldenkrais Illustrated: The Art of Learning

By *Tiffany Sankary*



Feldenkrais Illustrated: The Art of Learning By Tiffany Sankary

Feldenkrais Illustrated: The Art of Learning weaves together the writings of Moshe Feldenkrais with Tiffany Sankary's drawings. Feldenkrais (1904-1984) was a physicist, martial artist, engineer, and somatic pioneer who developed The Feldenkrais Method®, an innovative approach to learning, movement, and awareness to help improve all aspects of human functioning. Sankary illustrates excerpts from Feldenkrais' books and articles, organizing and bringing to life his core ideas to make them accessible to seasoned practitioners, students and those new to the Method.

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Editorial Review

Review

"...interesting, inviting, accessible, intriguing and a pleasure to look at! Feldenkrais can be hard to read but Tiffany Sankary has fashioned a format that simply draws you in. I began reading it and could not stop..." - *Alan Questel, Feldenkrais Trainer*

"What is the Feldenkrais Method? Because the Method is so multifaceted I often struggle to explain it concisely. This wonderful book does a lovely job of presenting the Feldenkrais Method simply without oversimplifying it." -*Josh Wolk, Feldenkrais Practitioner, Lawyer*

"Delightful, artistic, visual magic portraying how the Feldenkrais Method restores well being to our human movement through the unpredictable combinatory potential of the human brain." -*Ruthy Alon, Feldenkrais trainer, Founder of Movement Intelligence programs, The software of optimal moving as nature meant, Jerusalem, Israel*

"An extraordinary work visually exploring the wisdom of the Feldenkrais Method. Each time I read this work I see and learn something new and valuable. From the writings of Moshe Feldenkrais, Tiffany Sankary has created a fascinating manual for living." -*Harvey Zarren, M.D., Connected Healing Institute*

"Reading Feldenkrais Illustrated is like sitting at the feet of two masters. The humor and humanity of Tiffany Sankary's illustrations help me to savor and integrate Moshe Feldenkrais' brilliance and embodied truth." - *Julie Leavitt, Body-oriented Psychotherapist*

From the Back Cover

"Feldenkrais Illustrated is an insightful, comprehensive and lovingly whimsical guide through some of life's tough questions. Who am I? What is Health? How do I discover more about myself? This book is delightful in its simplicity and accessible in its complexity. If you live in a human body, Feldenkrais Illustrated is a must have." -*Kathryn Hayward, M.D., Odyssey Journey: A Collaborative Approach to Wellness*

About the Author

Tiffany Sankary is a visual artist, Feldenkrais® practitioner, and teacher of Authentic Movement and art making. Her drawings have been published in various magazines and journals including Tikkun, Turning Wheel, The Feldenkrais Journal, and Street Spirit. Feldenkrais Illustrated: The Art of Learning is her first published book. She offers group classes and workshops as well as hands-on Functional Integration® sessions in Somerville, MA and Berkeley, CA. Visit her website at: www.tiffanysankary.com

Users Review

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Samual Larkin:

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Christopher McCrady:

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