

## **Additional Feldenkrais Resources**

Feldenkrais, M. (1990). Awareness through movement. San Francisco, CA: HarperSanFrancisco.

Zemach-Bersin, D. Zemach-Bersin, K., & Reese, M. (1990). Relaxercise: The easy new way to health & fitness. New York, NY: HarperCollins.

## **Resources for singers and instrumentalists**

Corbeil, R. (2007). Vocal integration with the Feldenkrais method. [CD]. Seattle, WA: Richard Corbeil.

Nelson, S. H., & Blades, E. L. (2018). Singing with your whole self: A singer's guide to Feldenkrais awareness through movement. Lanham, MD: Rowman & Littlefield.

Spire, M. (2004). Optimal moves: Effortless use of the arms and hands. [CD]. Vols. 1 & 2. Berkley, CA: Optimal Moves.

## **Additional Online Resources**

Feldenkrais Resources ([www.feldenkraisresources.com](http://www.feldenkraisresources.com))

Feldenkrais Access ([www.feldenkraisaccess.com](http://www.feldenkraisaccess.com))

Feldenkrais Guild of North America ([www.feldenkrais.com](http://www.feldenkrais.com))

International Feldenkrais Federation ([www.feldenkrais-method.org](http://www.feldenkrais-method.org))

For additional information, contact Stephen A. Paparo, Ph.D, GCFP ([spaparo@umass.edu](mailto:spaparo@umass.edu))