

Free ATM lessons

Dozens of high quality live class audio recordings available online anytime, anywhere, no signup or login,

just press play!

I'm Nick Strauss-Klein, a full-time *Feldenkrais*® practitioner in St. Paul, Minnesota. A few years ago I decided to share recordings of my regular weekly ATM classes as a service project to the *Feldenkrais* community and to the world. My goal is to spread the life-changing benefits of study as widely as possible. All I ask is that users spread the word and consider supporting the project with a donation of any amount. Interest in the lessons is really taking off, and one was even linked by *Experience Life* magazine, the national publication of Lifetime Fitness Clubs!

- **Recorded in public classes – discover new teaching possibilities and enjoy great ATM**
- **Awesome homework resource for your students: simply send links to specific lessons**
- **More people doing more *Feldenkrais* at home = more people wanting to work with you!**

“I’ve been sending my clients to your site for your recordings. Thank you very much. Yours are excellent!”

– Pati Holman, GCFP and ABM for children

“Thank you for your lessons – clear, concise and a joy to do!”

– Lou Kurjata, online student

“A lovely way to end the day.”

– Joan Haan, student Neurotransformation Coach



Nick Strauss-Klein, GCFP Director,
Twin Cities *Feldenkrais*

“These are really outstanding lessons. I’ve been doing ATM for almost 40 years; the use of the feet in your version of pelvic clock, your re-working of the spine like a skewer lesson is outstanding.”

– Richard, 71, actor, online student

“Thank you for your awesome lessons. I love getting inspiration for teaching ATM from new sources.”

– Darcia Daxter, GCFP
ocfeldenkrais.com

- Creative, articulate, dynamic ATM teacher with thousands of hours of teaching experience
- Excellent audio quality, edited for flow and content (asides not useful to all have been cut out)
- ATMs organized in four series • Each lesson has a unique link, description, notes, comments
- **Don’t like streaming?** Make a donation of any amount and get download access to all mp3s

Simply put your phone, tablet, or laptop on the floor near you and visit

TwinCitiesFeldenkrais.com

Facebook: Twin Cities Feldenkrais • Twitter: @LiveFeldenkrais