



LA SABIDURÍA DEL CUERPO (Spanish Edition)

MOSHE FELDENKRAIS, DAVID ZEMACH-BERSIN, ELISABETH BERINGER

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Hace más de cincuenta años Moshe Feldenkrais desarrolló el extraordinario método de aprendizaje basado en el movimiento corporal que lleva su nombre. La sabiduría del cuerpo es la primera recopilación de artículos y entrevistas de Feldenkrais publicada en nuestro idioma e incluye varios de sus escritos más claros y significativos. En su conjunto, estos textos forman un todo pero coherente, ofreciendo diferentes perspectivas que serían de gran utilidad a quienes no estén familiarizados con las ideas de Feldenkrais, y al mismo tiempo ofrecerán a los estudiantes del método un nuevo campo en el que profundizar sus estudios. Moshe Feldenkrais fue uno de los pensadores más originales del siglo XX. Este libro presenta de una forma sencilla y coherente los principios de su sistema y a teoría en la cual este se basa.

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