

**Marvellous Movement**

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**EASY Lessons**

- 1E Basic Exercises 1
- 2E Basic Exercises 2
- 3E Better Bones & Balance
- 4E Breathing 1
- 5E Breathing 2
- 6E Chair, sitting to standing
- 7E Circles with hands interlocked
- 8E Diagonals & funny walks
- 9E Eyes 1
- 10E Fencing lesson
- 11E Flying lesson
- 12E Freeing head, neck & shoulders
- 13E Heel circles in prone & supine
- 14E Jaw connections 1
- 15E Lifting arms, head & legs
- 16E Natural arm & leg bending
- 17E Pelvic & head clocks
- 18E Prone. Lifting arms & head
- 19E Sidelying arm sweeps
- 20E Sidelying hip & knee flexion
- 21E Sidelying lifting arms & head into rolling
- 22E Supine, head under the bridge
- 23E Supine, walking on your back
- 24E Painting with the soles of the feet
- 25E Lengthwise roller lesson
- 26E Jumping lesson
- 27E Standing, turning sequentially
- 28E Supine lifting the hip on a roller
- 29E Releasing the flexors & extensors
- 30E Rolling from the foot under the knee
- 31E Supine, reaching the arm to the ceiling
- 32E Pelvic floor 1
- 33E Sidelying, turning from the foot
- 34E
- 35E
- 36E

**Moderate lessons**

- 1M Co-ordinating pelvis & lumbar spine
- 2M Lifting the pelvis with crossed legs
- 3M On all 4s to sitting
- 4M Prone, crawling
- 5M Prone, arms at right angles
- 6M Rolling holding toes
- 7M Rolling to sit with long arm
- 8M Releasing the belly & breath
- 9M Sidelying, looking at the foot in front & behind
- 10M Standing & lying pelvic movements
- 11M On all 4s, plaiting the legs
- 12M Extension from the head & tail
- 13M Rotating shoulders in 4 positions
- 15M Sidesitting & turning
- 16M Eyes 2
- 17M

**Advanced lessons**

- 1A Chair, twisting & bending
- 2A Prone, translating the head
- 4A Standing, lying, shifting weight