A Non-Verbal Awareness Bibliography

Compiled by Bruce I. Kodish

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For more information on the practice of Sensory Awareness, contact: Sensory Awareness Foundation, 273 Star Route, Muir Beach, Ca. 94965. (415) 388-6718.
For more information about studying the Alexander Technique, contact: North American Society of Teachers of the Alexander Technique (NASTAT), P.O. Box 517, Urbana, IL 61801. (800) 473-0620; (217) 367-6956.