

IN MEMORY OF GABY YARON
by Angel Di Benedetto

Aside from Moshe Feldenkrais, Gaby Yaron was my first *Feldenkrais* Teacher. I first met her in Amherst in 1980. She was so quiet, sitting there in the back of the gymnasium, smiling. I never realized how wise and powerful she could be. One day during our break, my Tibetan Terrier dog, Shadow (who was very particular with who she kept company with) wandered to her side. Gaby was so open and receptive to their meeting. She took her in her arms, Shadow licked her face and Gaby muffled her nose in her fur as if they were good old friends. Shadow was in love. Each time Gaby would see Shadow, she would let out a great big squeal of delight which encouraged my dog even more. Shadow continued to wait for Gaby at the door each and every break to escort her around the campus that whole summer.

It was through Shadow that I was formally introduced to Gaby and it was then that I decided to take a series of 13 lessons with her. With Shadow lying patiently under her table, Gaby proceeded to help me unfold 32 years of fear and stress that lied dormant in my system. For the first time in my life, I felt myself coming alive; each lesson had a theme that made an enormous lasting impression to this day. She had the proficiency to reach beyond my stories, beyond my skin, beyond my skeleton, and to the depths of my core with such respect and communication that I could only yield to her. I could still feel her hands around my tired overworked jaw.... she understood.

If I were asked to express what there was about Gaby that has stood out in my mind throughout these years, I could say that it was her kindness and willingness to reveal, her perception and openness to understand, and her patience in obliging students to progress. I will never forget her, never. She is with me each and every time I teach. It is her standard that I strive for in my work, for she was a true artist.

When I think of you Gaby, I always see your magnificent smile. Thank you Gaby. Thank you Shadow. I'd like to imagine that the two of you are off playing somewhere together, running and laughing.

The late Gaby Yaron was one of the first few Israeli students of Moshe Feldenkrais. She graduated in his training in 1971 and later became a world renowned Trainer of the Feldenkrais ® Method.