

Be More



FLEXIBLE



Relaxercise Ten Effortless Techniques For A More Flexible Energetic Pain Free Stress Free Body

Karin Nielsen-Saines



Relaxercise Ten Effortless Techniques For A More Flexible Energetic Pain Free Stress Free Body:

Bodywork Thomas Claire, 2006-06-15 This is the essential guide answering all of the key questions about every different kind of major bodywork therapy including Alexander Technique Feldenkrais Method Reflexology Shiatsu Swedish Massage Aromatherapy and more Subject Guide to Books in Print ,1971 Books Out Loud ,2004 Forthcoming Books Rose Arny,1990 *Medical and Health Care Books and Serials in Print* ,1997 **Paperbound Books in Print** ,1992 **Books in Print** ,1991 *East West Journal* ,1990 **Relaxercise** David Zemach-Bersi,1990-05-10 The Extraordinary Exercise Program Based on the Revolutionary Body Improvement System Developed by Dr Moshe Feldenkrais With these brief ten to thirty minutes exercises anyone can learn to improve their posture flexibility and physical comfort and end the energy drain caused by muscular tension This popular application of techniques never before available in such an easy to use form targets such key areas as the lower back shoulders neck spine eyes feet and jaw Enhanced vitality and elimination of pain and stress will be yours through these thoroughly researched and patient tested techniques that actually reprogram the neuromuscular system **Relaxercise** David Zemach-Bersin, Kaethe Zemach-Bersin, Mark Reese, 1990

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