



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

**David Zemach-Bersin, Kaethe Zemach-  
Bersin, Mark Reese**



## **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      **RELAXERCISE THE EASY NEW WAY TO HEALTH & FITNESS** DAVID ZEMACH-BERSIN, KATHE ZEMACH-BERSIN, MARK RESSE, 1990

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