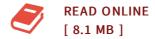




The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being

By Jo Ann Staugaard-Jones

Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being, Jo Ann Staugaard-Jones, The Vital Psoas Muscle presents an in-depth look at the most important yet abused skeletal muscle in the human body. Located deep within the front hip joint and lower spine, the psoas is critical for optimal postural alignment, movement, and overall well being. Its function and importance extend beyond anatomical mechanics to the nerve complex and energy systems. Taking a uniquely holistic approach, this book explores how the psoas affects the health of the body, mind, and spirit: Physically, as the only muscle that connects the upper and lower body Emotionally, as a messenger to and from the brain and a vessel of deeply rooted feelings Spiritually, as an integrator within the root of the lower chakras, subtly affecting the flow of life energy throughout the body Understanding and working with the psoas can help: Alleviate lower back pain Strengthen the core Correct posture Reduce trauma Open energy channels No matter our level of fitness or flexibility, how we use the psoas and take care of it is crucial to our life experience. With detailed illustrations and key stretching...



Reviews

An incredibly amazing ebook with perfect and lucid answers. It is writter in basic terms and never difficult to understand. Its been written in an exceptionally basic way and it is only right after i finished reading this ebook in which in fact modified me, affect the way i really believe.

-- Beverly Hoppe

Extremely helpful for all class of individuals. Better then never, though i am quite late in start reading this one. I realized this publication from my i and dad suggested this ebook to discover.

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AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is about a little biracial (African American/Caucasian) girl s first day of daycare and preparing her for kindergarten....



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