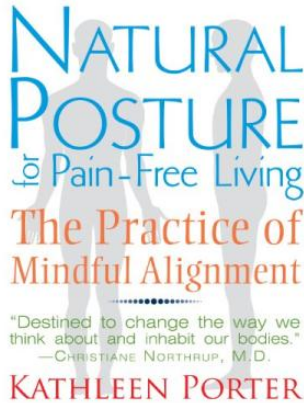


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## NATURAL POSTURE FOR PAIN-FREE LIVING: THE PRACTICE OF MINDFUL ALIGNMENT



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Natural Posture for Pain-Free Living: The Practice of Mindful Alignment, Kathleen Porter, Our bones are the framework of support for our bodies, much like the wall studs and beams of a house. Yet the alignment of the skeleton along the vertical axis of gravity is largely overlooked today, even by fitness experts and yoga teachers. In a culture of cocked hips, sauntering models, and slouching TV watchers, where "chin...

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- Authored by Kathleen Porter
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