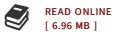




Stack Your Bones (Hardback)

By Ruthie Fraser

The Experiment LLC, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Improve posture, alleviate pain, and create balanced strength and flexibility with 100 simply presented exercises - body biomechanics made easy! Bodywork meets mindfulness in Stack Your Bones, comprised of 100 movement lessons and visualisations. Longtime bodywork clinician and innovative movement teacher Ruthie Fraser developed these secular sutras to acquaint us with the basics of how we move - essential for anyone who lives in a body. A minimalist, evocative illustration accompanies each of these thoughtfully articulated exercises (Strength Is Balance, Buoyant Shoulders, Legs as Columns, Order Creates Freedom). Grounded in the Structural Integration principles of Dr. Ida Rolf (1896 - 1979), Stack Your Bones is complementary to yoga, dance, acting, running, golf, martial arts - physical activity of every sort. Readers will reap the benefits of heightened body awareness, improved core strength, and enhanced movement mechanics.



Reviews

A high quality book as well as the font applied was exciting to read through. This can be for all those who statte there was not a well worth looking at. I discovered this ebook from my i and dad recommended this ebook to find out.

-- Mr. Monserrat Wiegand

This pdf is definitely worth getting. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Jeramie Davis