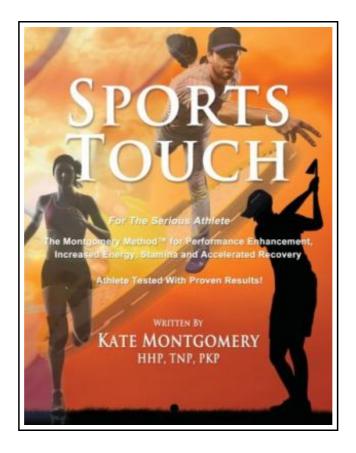
# **Sports Touch: For the Serious Athlete**



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## Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me). (Taylor Medhurst)

#### SPORTS TOUCH: FOR THE SERIOUS ATHLETE



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Large Print. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Sports Touch by Kate Montgomery, a sports massage therapist and professional kinesiology practitioner, created the Sports Touch System (1986) while living in San Diego, CA. Her clients were professional, Olympic, masters and weekend warriors. They were serious athletes who wanted to achieve their best performance, increase their energy and stamina and most importantly, accelerate their recovery. Kate took techniques from her sports massage and Touch for Health kinesiology training, as well as other healing modalities (acupuncture, chiropractic, homeopathy, herbal therapy) and created Athletic Rituals and taught every athlete a self-care program to be done daily, before, during and after training or in a race. Each Ritual in the Sports Touch System is designed for a specific purpose: 1. To enhance the breathing mechanism for better energy and stamina 2. To help strengthen the immune system 3. To be able to consistently clear waste by-products from muscles immediately, increasing a faster pace without pain. 4. To enhance mental focus and concentration 5. To accelerate recovery 6. To have achieve better balance and vision 6. To enhance overall health and wellbeing 7. To empower the athlete to take full control over her/his outcome With the NEW 2015 updated version of Sports Touch, 30 years of proven applied scientific research with sound science based techniques and applications, Kate has added new sports rituals, new techniques, techniques from three of her other self-care books - the Montgomery Method, and adding the invisible maps of the body to be used in a practical and functional ritual everyday to get the best athletic performance. The Secret Weapon Chapter 4 will empower every athlete, increase their potential to win, determine...

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