



The Awakening Somatic Intelligence: Understanding, Learning & Practicing the Alexander Technique, Feldenkrais Method & Hatha Yoga

Graeme Lynn

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The Awakening Somatic Intelligence: Understanding, Learning & Practicing the Alexander Technique, Feldenkrais Method & Hatha Yoga Graeme Lynn

Focussing on distinct body practice from a range of different methods, Graeme Lynn demonstrates how to use the physical body to encourage general health and wellbeing. Starting with the fundamental concepts of movement to more advanced practice, this book will serve as a comprehensive guide to developing the physical body to transform the quality of movement, and bring greater pleasure and effectiveness into every action.

Specific lessons include The Alexander Technique, The Feldenkrais Method, and Hatha Yoga. Describing the core benefits of these methods, why they complement each other and how to use them, this is essential reading for students and practitioners of somatic methods as well as anyone interested in learning new ways to optimise health and wellbeing.

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