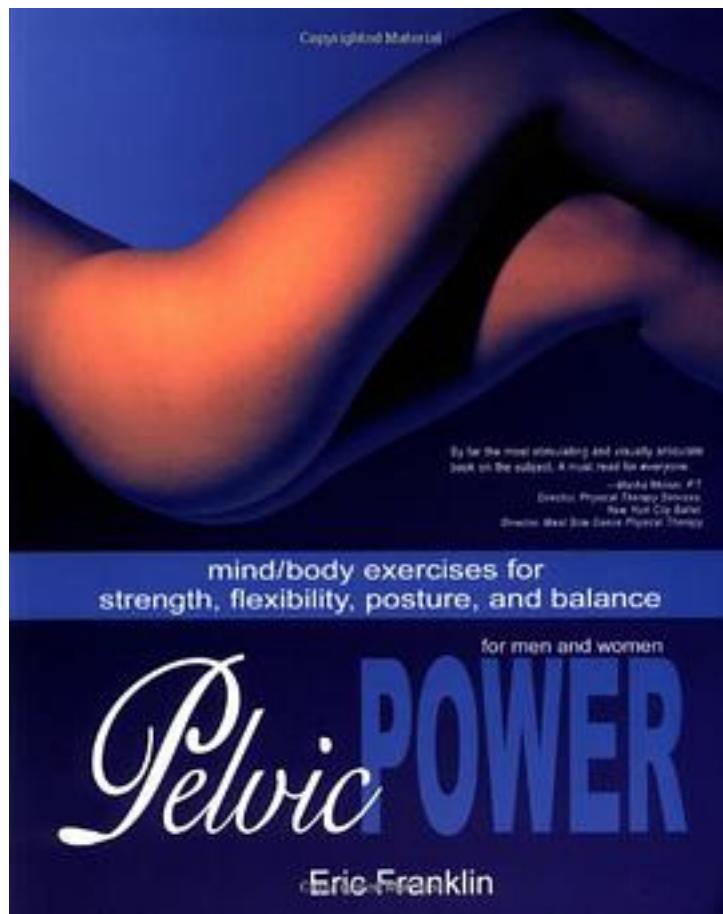


# Pelvic Power



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Combining scientific principles with movement and imagery exercises that are both effective and fun, this book demonstrates how to create a stronger body by toning the pelvic floor. Focusing on the biomechanics of the pelvic floor, which acts as a support for the inner organs and contains a passage for the urethra, the sex organs, and the

rectum, this guide shows how the pelvic floor plays an important role in almost all movements, balance, and body posture. The exercises train the muscles and joints and improve the tone of the organs, thereby increasing energy flow, eliminating incontinence, and keeping sexual organs healthy. The mind-body techniques are used to increase awareness of this part of the body and to improve sexual stamina.

作者介绍:

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