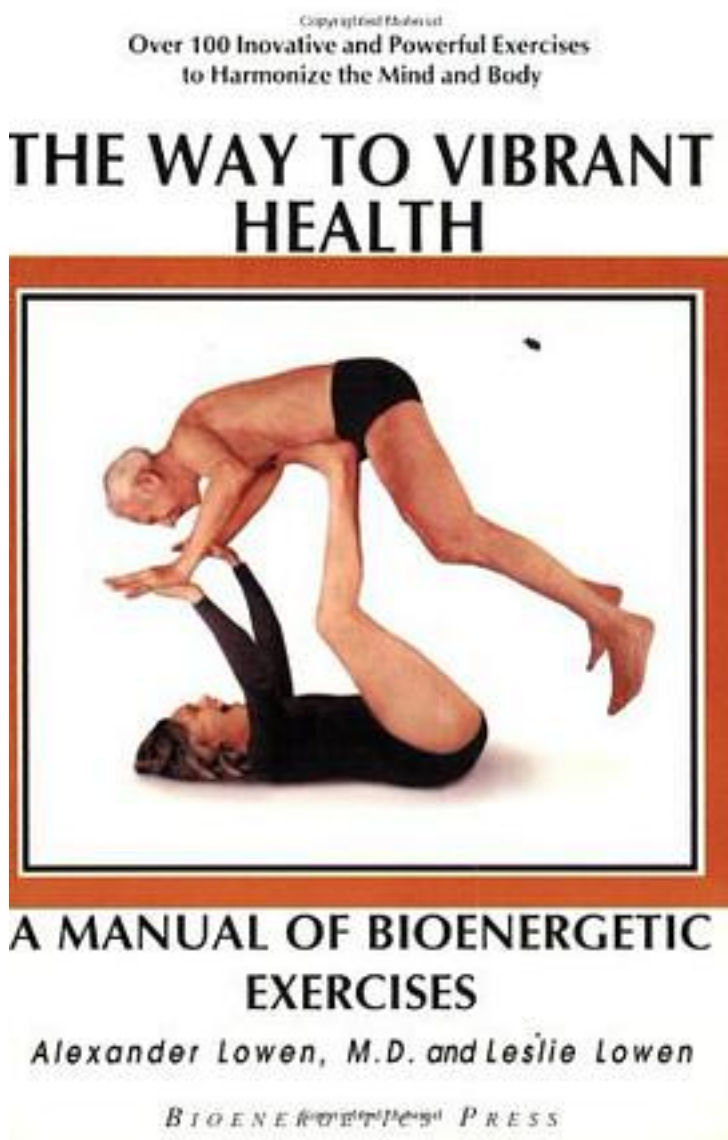


# Way to Vibrant Health, the



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著者:Lowen, Alexander

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Over 100 innovative and powerful exercises to harmonize the body and mind - The body work of bioenergetics includes both manipulative procedures and special exercises. The exercises are designed to help a person get in touch with his tensions and release them through appropriate movement. The manipulative procedures consist of massage, controlled pressure, and gentle touching to relax contracted muscles. It is important to know that every contracted muscle is blocking some movement.

作者介绍:

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