



## Posture Workbook: Free Yourself From Back, Neck And Shoulder Pain With The Alexander Technique (Paperback)

By Carolyn Nicholls

DB Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Poor posture can interfere with mobility, breathing, circulation and digestion. It can contribute to overuse injuries to hands, arms and shoulders and it can affect our sense of wellbeing. Drawing on her 30 years of experience as a teacher of the Alexander Technique, Carolyn Nicholls explains exactly how to eliminate tension throughout the body and improve habitual patterns of movement. Carolyn Nicholls identifies typical behaviours that can result in unhealthy posture and explains how they can be improved. In The Posture Workbook Carolyn Nicholls identifies 5 key exercises to improve posture, awareness, flexibility and mobility. These 5-A-Day exercises teach how to move more freely and easily and show how to live life free from postural pain. The Posture Workbook explains exactly how problems arise - whether through holding tension in certain parts of the body or relying on unhelpful, habitual patterns of movement. Carolyn Nicholls is the founder and Head of Training at the Brighton Alexander Technique College, UK and a national advisor on clinical trials on back pain. Her first book, Body, Breath and Being - a new guide to the Alexander Technique is a...



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