



A Healthy Back in Less Than 20 Minutes a Day

Jack Heggie

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These four exercises use gentle body movements based on the Feldenkrais Method. to increase spinal flexibility and range of motion while relieving tension, stress and pain. You will ease back stress from computer/desk work, lifting, travel, gardening, cleaning, exercise, and other activities; gain greater flexibility; enjoy an increased range of motion; notice improved posture; look and feel better; relax more fully and sleep more soundly. 2 Stereo audio cassettes in a full-color binder with liner notes & photos

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