

Body Rolling An Experiential Approach To Complete Muscle Release

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A revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular system. Each body has its own logic, its own language of release. This internal logic is at the heart of Body Rolling, an innovative technique that uses a ten-inch ball to stretch muscles, freeing restrictions in the body, increasing blood flow, and promA revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular ...

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About the Book - Body Rolling: An Experiential Approach to Complete Muscle Release Body Rolling: An Experiential Approach to Complete Muscle Release by Yamuna Zake, Stephanie Golden Paperback Book, 224 pages Description Body Rolling is a revolutionary method that teaches bodywork practitioners and their clients how to feel the inner logic of the muscular system while freeing restrictions in the body, increasing blood flow, and promoting health.

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Zake describes two common injuries for runners—ankles and knees—in her book, *Body Rolling, An Experiential Approach to Complete Muscle Release* (Healing Arts Press, 1997): "People who walk heavily...

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Body Rolling An Experiential Approach to Complete Muscle Release Part 1: Principles of Body Rolling 1 Elongating Muscle, Creating Space 2 Developing a Relationship with Your Body 3 Making the Mind-Body Connection Part 2: The Basics 4 Getting Started 5 Basic Back Routine 6 Basic Side Routine 7 Basic Front Routine Part 3: More Focused Work

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