



Rolfing in Motion: A Guide to Balancing Your Body

Mary Bond

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Much of what we experience as physical tension or stress is the result of an imbalanced body. In this CD, Mary Bond presents a selection of 26 structural awareness exercises from her book, *Balancing Your Body*, that teach the listener to recognize and respond in appropriate ways to the body's inner messages. Beginning with an exploration of your habitual standing and walking patterns, these exercises guide the listener through a variety of experiences that contribute to standing, sitting, and walking with fluidity, balance, and ease. This unique self-help program will help to create new freedom in your physical expression and improve your well-being and vitality.

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