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Meet Your Body: Core Bodywork and Rolfing Tools to Release Bodymindcore Trauma

By Noah Karrasch

Singing Dragon. Paperback. Book Condition: New. Paperback. 184 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. Many of us hold on to old fears, traumas and stresses and allow them to define and frame our lives. This book shows how to relieve these problems and help you look and feel better on a profound level. Based on the idea that the body is composed of twenty-one important hinges, Meet Your Body shows how we can oil and free these hinges, stretching the body out so we can feel healthy and happy more of the time. Noah's therapeutic work is influenced by his background in Rolfing, a hands-on manipulation of the body's connective tissue designed to enhance posture and freedom of movement. From this theory of structural integration, Karrasch has developed a focus on the inseparable connection between our minds and our bodies, our bodymindcore. Guiding the reader through the various hinges of the body, from the big toe to the hip to the head, the author shows how learning to isolate and stretch these hinges in new ways can lead to a happy bodymindcore, making a great difference to overall health and wellbeing. Each chapter addresses a particular hinge physically as well...



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