



## Holistic Bodywork for Performers: A Practical Guide

By Janet Free & Nicky Ramsay

The Crowood Press, Ramsbury, 2004. Paperback. Condition: New. 1st Edition. This book gives hands-on practical guidance for some of the most important bodywork practices being used in theatres and training centres, including yoga, tai chi, Alexander Technique, Feldenkrais and Contact Improvisation. Size: 8vo - over 7¾" - 9¾" tall.



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