



## Free Your Back!: Ease Pain and Regain Natural Poise with Gentle Exercise Based on the Alexander Technique

By Penny Ingham, Colin Shelbourn

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Free Your Back!: Ease Pain and Regain Natural Poise with Gentle Exercise Based on the Alexander Technique, Penny Ingham, Colin Shelbourn, Free Your Back will change the way you stand, walk and sit. The advice will help you to ease those painful stiff necks and backaches and allow you freer movement and better balance throughout your body, for a healthier life free of back pain. In this practical, easy-to-follow guide Penny shows you how to retrain your body to move, sit and work more easily. The exercises are clearly illustrated by professional cartoonist Colin Shelbourn, one of Penny's pupils, to help you incorporate them into your everyday life, learning new ways to let your body function without stress.

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