



Franklin Method Ball and Imagery Exercises for Relaxed and Flexible Shoulders, Neck and Thorax (8491)

Eric Franklin

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Body posture and movement are imagery driven. If the image doesn't correspond to the way the body is designed, the result will be a steady decline in function. Franklin Ball exercises help you to discover your movement patterns, restrictions and tension. Using the Franklin Balls and Original Franklin Mini Roll with movement and imagery will awaken your proprioceptors, body awareness and breathing patterns. Exercise are described using imagery, photographs of the movement and imagery illustrations to provide the complete mind-body exploration experience. Illustrated, Softcover, 44 pages.

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