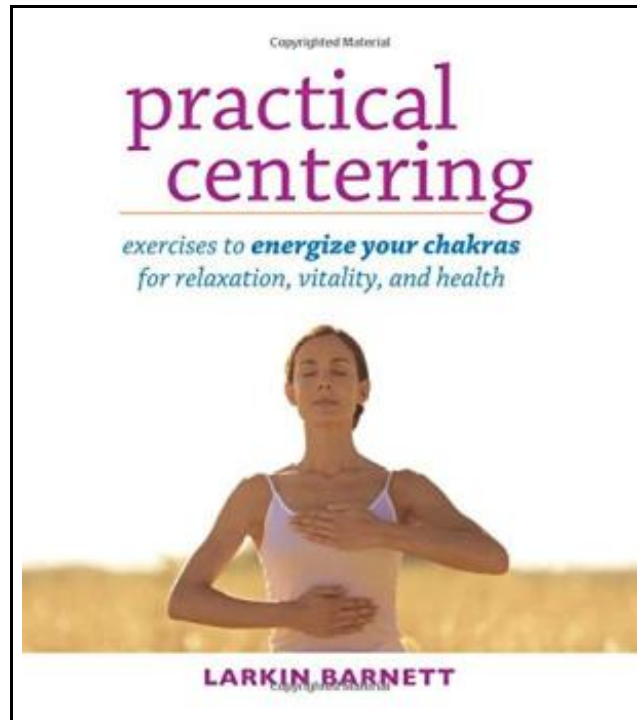


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Quest Books,U.S., United States, 2012. Paperback. Book Condition: New. Quest.. 160 x 145 mm. Language: English . Brand New Book. 2013 Nautilus Silver Award Winner! Practical Centering enhances physical, mental, emotional, and spiritual balance with innovative breathing techniques and empowering exercises. It provides an instant vacation in this hectic world, enabling us to elevate our energy, relax our body, strengthen our core, and quiet our mind.Larkin Barnett links her original techniques with the chakras-ancient, non-Western concept of the seven physical and spiritual centers in the body. The Chakra Rocking Massage she teaches is a movement meditation that awakens the chakra centers and offers a practical, user-friendly way to relax. Reminiscent of being rocked in a cradle, these repetitive, gentle motions are soothing and tension releasingMuscular tightness can begin in the mind. The root cause may be illness, surgery, accidents, abuse, emotional trauma, daily stress, poor movement habits, or even one s choice of sport or fitness. The Chakra Rocking Massage clears and opens the chakras, causing energy to move more freely throughout the body. Hence, muscular tension dissipates, and tissue health, suppleness, and posture are improved.To this key exercise, Larkin adds simplified breathing techniques drawn from both Eastern and Western traditions as well as visualizations. Likening the experience to creating a favorite meal, she provides recipe cards for each exercise, focusing on the ingredients of color, location, life lesson, natural elements, physical senses, emotions, and affirmations. Strengthening our mind/body connection in this way is the ultimate immune booster, improving circulation for better tissue nutrition and metabolism. The body acts like a natural pharmacy as it flushes away waste products more thoroughly.Altogether, the tools in Practical Centering can lead to a life of more vitality and ease. It s a great little book to pack in your suitcase or back pocket....

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