

Steven Shaw

Master the Art of Swimming

**Raise Your Performance with
the Alexander Technique**

Master The Art Of Swimming Raising Your Performance With The Alexander Technique

Judith Leibowitz



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at all aspects of gym exercise including resistance training using gym machines fitness classes including aerobics step pilates yoga and Tai chi The book has illustrations showing the wrong and right technique **Master the Art of Running** Malcolm Balk,Andrew Shields,2015-06-04 Although running is becoming one of the most popular sports learning to run properly can take time energy and consistency You need to do it regularly to become good at it and until you have achieved a certain level of competence it is unlikely that you will enjoy it very much or for very long For many runners physical and mental barriers can stop progress This book s ultimate aim is to help you enjoy to run to enjoy the feeling of movement to overcome inertia to renew yourself and to boost energy as a result Master the Art of Running is based on the proven principles of the Alexander Technique that encourage good body use and greater awareness of the way your body functions and moves The technique teaches you how to release tension from your back and neck and how to run without suffering from injuries The authors perspective on the sport takes them into areas rarely touched on in conventional manuals Instead of placing importance on speed targets and goals it emphasises the importance of the way you run so you can transform your training and performance **Art of Swimming. The Shaw Method. Based on the Alexander Technique** ,2001 **The Art of Swimming** Steven Shaw,Armand D'Angour,1998 **Master the Art of Working Out** Malcolm Balk,Andrew Shields,2007-01-25 Although gym membership is on the increase the way people actually exercise in the gym is rarely correct and frequently causes injury Often the desired effects are not achieved due to bad technique Master the Art of Workout teaches us how to approach our gym workout in a new and refreshing way Balk and Shields have developed a way of improving a gym workout using the principles of the Alexander Technique This simple method promotes coordination balance posture the importance of the relationship between the head neck and back body awareness and efficient body use The book teaches that if you focus on what you are doing and all these things are done properly then the workout will achieve the desired effect The author look at all aspects of gym exercise including resistance training using gym machines fitness classes including aerobics step pilates yoga and Tai chi The book has illustrations showing the wrong and right technique *Who's Who in Science and Engineering 2008-2009* Who's Who Marquis,Marquis Who's Who,2007-12 **Books Out-of-print** ,1981 *The Art of Swimming* Steven Shaw,Armand D'Angour,Victoria Wood,2001 Enlarged redesigned edition has underwater photos in full color as well as new line drawings and cartoons *Subject Guide to Books in Print* ,1991 *Who's who in America* ,2003 *Who's who in Entertainment* ,1992 **Who's Who of American Women, 1986-1987** Marquis Who's Who,1986-11 *The Art of Swimming* Steven Shaw,2000 *The Alexander Technique Resource Book* John B. Harer,Sharon Munden,2008-12-24 The Alexander Technique is a hands on educational method that helps individuals learn how to eliminate tension in the body caused by habitual limitations in the way they move and think The health benefits of the Alexander Technique are both physical and emotional It improves balance posture and stamina and has been shown to improve cognitive functions And it was practiced and endorsed by renowned philosopher and educator John Dewey The Alexander

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