

Moving with Comfort and Ease in Your Everyday Life



Kentro® Body Balance

*The Secret Pleasures
of Posture*

Angelika Thusius

Kentro Body Balance The Secret Pleasures Of Posture

Angelika Thusius



Kentro Body Balance The Secret Pleasures Of Posture:

Kentro Body Balance Angelika Thusius,2005 The Kentro Body Balance method reveals a radical delightful secret nature designed us to be supple and strong into our old age This new and innovative approach to the body shines a soulful light on posture and movement By practicing the remarkably simple Kentro centering movements while you sit at the computer drive a car or plant your garden the activity itself stretches relaxes exercises and tones your muscles With the Kentro program you do not have to correct your posture or push your body into fitness Your daily actions will let your body reshape into your own unique powerful expression *The Publishers Weekly* ,2005 **The British National Bibliography** Arthur James

Wells,2006 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004

Kentro Body Balance The Secret Pleasures Of Posture Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Kentro Body Balance The Secret Pleasures Of Posture**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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