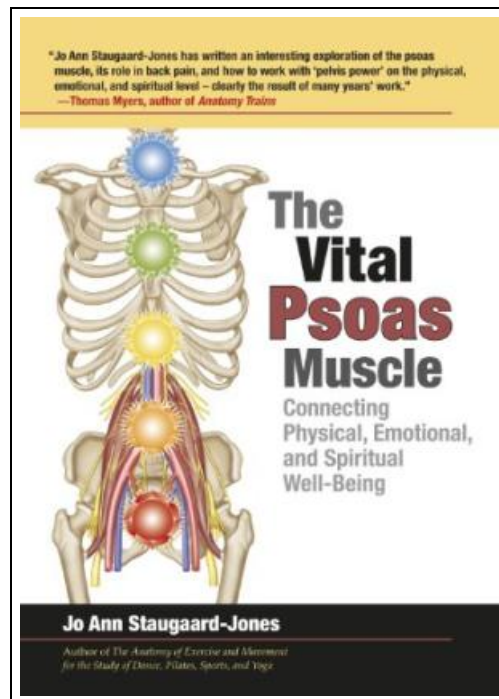


## The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being



Filesize: 7.17 MB

### **Reviews**

*These kinds of pdf is every thing and helped me hunting ahead plus more. It generally does not cost too much. I am delighted to tell you that this is actually the finest publication we have study in my personal life and might be he finest ebook for at any time.*  
*(Dr. Veronica Hoppe)*

## THE VITAL PSOAS MUSCLE: CONNECTING PHYSICAL, EMOTIONAL, AND SPIRITUAL WELL-BEING

DOWNLOAD



Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being, Jo Ann Staugaard-Jones, The Vital Psoas Muscle presents an in-depth look at the most important yet abused skeletal muscle in the human body. Located deep within the front hip joint and lower spine, the psoas is critical for optimal postural alignment, movement, and overall well being. Its function and importance extend beyond anatomical mechanics to the nerve complex and energy systems. Taking a uniquely holistic approach, this book explores how the psoas affects the health of the body, mind, and spirit: Physically, as the only muscle that connects the upper and lower body Emotionally, as a messenger to and from the brain and a vessel of deeply rooted feelings Spiritually, as an integrator within the root of the lower chakras, subtly affecting the flow of life energy throughout the body Understanding and working with the psoas can help: Alleviate lower back pain Strengthen the core Correct posture Reduce trauma Open energy channels No matter our level of fitness or flexibility, how we use the psoas and take care of it is crucial to our life experience. With detailed illustrations and key stretching and strengthening exercises, including complete chapters on the role of the psoas in Pilates and yoga, The Vital Psoas shows readers how to release this muscle to create balance, harmony, and freedom of movement.



[Read The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being Online](#)



[Download PDF The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being](#)

## You May Also Like



### **Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)**

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I...

[Read Document »](#)



### **13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)**

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local...

[Read Document »](#)



### **The Picture of Dorian Gray (Wisehouse Classics - With Original Illustrations by Eugene Dete)**

Wisehouse Classics, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE PICTURE OF DORIAN GRAY is a philosophical novel by the writer...

[Read Document »](#)



### **Jesus Loves the Little Children/Jesus Loves Me: Sing-A-Story Book with CD**

SHILOH KIDZ, 2016. UNK. Book Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000.

[Read Document »](#)



### **Graphic Fiction for Kids with Comic Illustrations: Graphic Novel Dog Farts Book with Comic Pictures**

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Black White Illustration Version BONUS - Includes FREE Dog Farts Audio Book for...

[Read Document »](#)