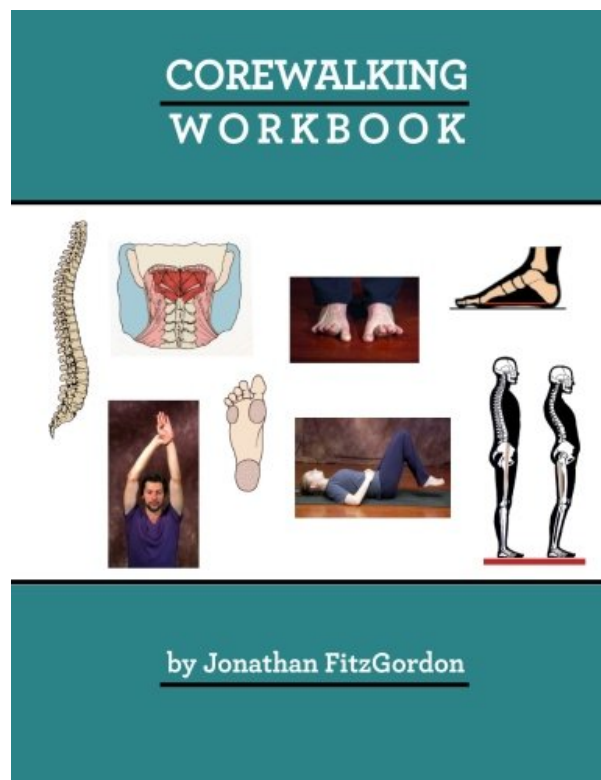


CORE WALKING WORKBOOK: SEVENTY DAYS TO A NEW YOU! BY JONATHAN FITZGORDON



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COREWALKING WORKBOOK



by Jonathan FitzGordon

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About the Author

The CoreWalking Program was born out of Jonathan FitzGordon's personal and professional experience with changing neuromuscular patterning through self-awareness and repetition. The program's philosophy rests on the rock solid belief in our ability to change and evolve as we age. Jonathan learned this first hand. After stubbornly suffering through three knee surgeries and repeatedly re-injuring himself, Jonathan decided to step back a take a good look at how the body works. Injury free these many years later, the walking program aims to help people age gracefully and live pain free lives. Jonathan has been practicing yoga since 1995 and has been teaching since 2000, having studied with some of the yoga community's leading teachers. He owned and operated the Yoga Center of Brooklyn from 2001-2009 and created the CoreWalking Program in 2005 because he began to focus on walking as something everyone did more than any other physical activity yet we don't think about how to do it or even if there is a correct way to do it.

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Core Walking Workbook: Seventy Days To A New You! By Jonathan FitzGordon. In undertaking this life, many individuals always attempt to do and also get the most effective. New expertise, encounter, lesson, and also every little thing that could boost the life will be done. However, lots of people occasionally feel perplexed to obtain those points. Really feeling the restricted of experience and resources to be much better is one of the does not have to have. Nevertheless, there is a quite basic thing that could be done. This is exactly what your teacher always manoeuvres you to do this one. Yeah, reading is the answer. Reading a book as this Core Walking Workbook: Seventy Days To A New You! By Jonathan FitzGordon and also various other referrals could improve your life top quality. How can it be?

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The CoreWalking Program helps to alleviate chronic pain and injury but changing your conditioned movement patterns. Follow the exercises for the program with this detailed guide.

- Sales Rank: #7445733 in Books
- Published on: 2012-11-30
- Dimensions: 11.00" h x .18" w x 8.50" l,
- Binding: Paperback
- 78 pages

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