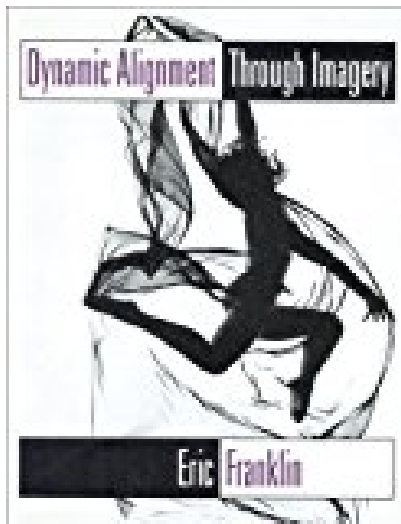


# Dynamic Alignment Through Imagery

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## BOOK DETAILS

- Author : Eric Franklin
- Pages : 320 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0873224752



## BOOK SYNOPSIS

Franklin shows readers how to use imaging techniques to improve posture and alignment, and to release excess tension. The illustrations help explain the images and exercises, and show how to use them in a variety of contexts.

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