

# Download The Way Of Stretching Flexibility For Body And Mind

The Way of Stretching: Flexibility for Body and Mind [Anne Kent Rush] on Amazon.com. \*FREE\* shipping on qualifying offers. - The book features stretching exercises designed to prevent injury and to promote the healing of specific body parts.- Rush incorporates ideas from many different traditionsThe Way of Stretching: Flexibility for Body and Mind. - The book features stretching exercises designed to prevent injury and to promote the healing of specific body parts.- Rush incorporates ideas from many different traditions, including T'ai Chi, Chinese medicine, Aikido, Zen, yoga, and massage.- Rush has pioneered a ingenious new technique called...The Way of Stretching combines three approaches to integrate (1) exercise positions for toning the whole body, (2) breathing techniques for energy rejuvenation, and (3) mental development, including meditation and visualization. Uniting these techniques balances body, mind, and spirit - key to ongoing physical and mental flexibility.

Body stretching --Mind stretching --Anatomy of a stretch --First Chakra Stretch Area: Feet, legs, lower back --Second Chakra Stretch Area: Hips, buttocks, abdominals --Third Chakra Stretch Area: Abdominals, rib cage, diaphragm region --Fourth Chakra Stretch Area: Chest, mid-back --Fifth Chakra Stretch Area: Shoulders, upper back, base of neck, arms, hands --Sixth Chakra Stretch Area: Face, neck --Seventh Chakra Stretch Area: Head, mind --Thanks for the flexibility.