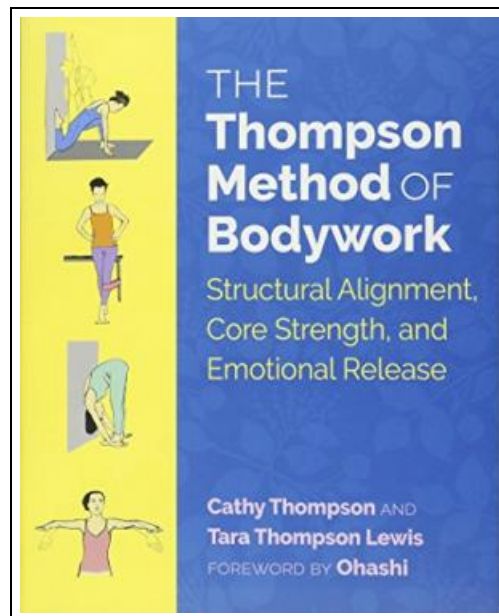


The Thompson Method of Bodywork: Structural Alignment, Core Strength, and Emotional Release



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Reviews

Absolutely one of the best pdf I actually have possibly read. Better then never, though i am quite late in start reading this one. I realized this book from my dad and i encouraged this ebook to discover.

(Ms. Beth Conroy V)

THE THOMPSON METHOD OF BODYWORK: STRUCTURAL ALIGNMENT, CORE STRENGTH, AND EMOTIONAL RELEASE



Healing Arts Press. Paperback. Condition: New. 352 pages. An illustrated manual for using physical movement and alignment to resolve chronic pain and tension and work with the emotions Includes 62 exercises to work with emotions through the body and support the neck, shoulders, lower back, feet, and overall posture as well as breathing and voice Explains how to listen to the bodys signals to discover our physical and emotional blindspots--the weaknesses and misalignments at the root of our discomfort Draws on Zen shiatsu, Rolfing, yoga, and Gestalt psychotherapy to explain how transformation of physical structure corrects imbalances in the unconscious mind Developed by Cathy Thompson through her many years as a bodywork therapist, the Thompson Method incorporates Zen shiatsu, Rolfing, yoga, and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. In this practical manual, Thompson and her protg-daughter Tara Thompson Lewis provide a deep understanding of body mechanics and how to work with emotions through the body. They explore how to listen to the bodys signals to discover our physical and emotional blindspots--the weaknesses and misalignments at the root of our discomfort--and explain how transformation of your physical structure can correct imbalances in the unconscious mind caused by repressed memories and emotional traumas. Offering illustrated instructions for 62 corrective alignment exercises, the authors show how to release body tensions, realign the bodys dynamic structure, work with the deep postural muscles, and support the neck, shoulders, lower back, and feet to strengthen the emotional and physical body as well as improve singing, dancing, yoga, and posture while sitting at the computer. They also explore breathing and bodywork practices to release the vocal mechanism and free the voice for more fluid and powerful...



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