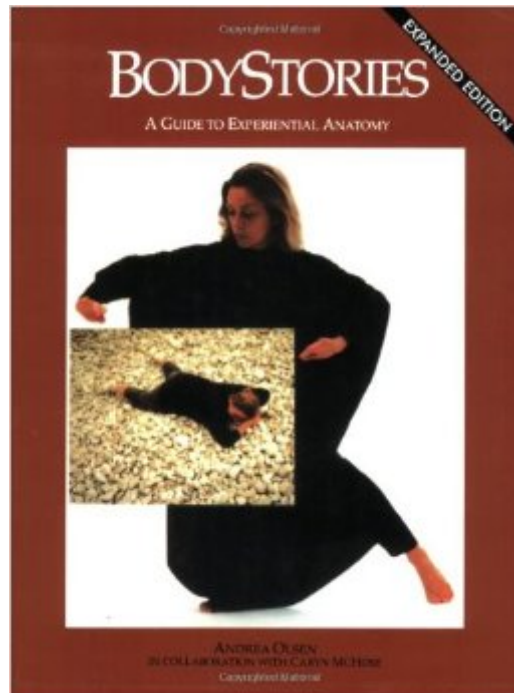


The book was found

Bodystories: A Guide To Experiential Anatomy



Synopsis

BodyStories is a book that engages the general reader as well as the serious student of anatomy. Thirty-one days of learning sessions heighten awareness about each bone and body system and provide self-guided studies. The book draws on Ms. Olsen's thirty years as a dancer and teacher of anatomy to show how our attitudes and approaches to our body affect us day to day. Amusing and insightful personal stories enliven the text and provide ways of working with the body for efficiency and for healing. BodyStories is used as a primary text in college dance departments, massage schools, and yoga training programs internationally.

Book Information

Paperback: 176 pages

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Customer Reviews

this book really amazed me. the title alone drew me to it. i am a Pilates instructor and i wanted to learn as much as i could about the body and mind working together. this book breaks down the body into different areas, gives you a little anatomy lesson, and gives activities to connect with that body part. some are meditations and some are hands-on. it gives you a better idea of your own relationship to your body as well as a sense of gratitude for all it does for us. truly a gem!

This is a very good book. It is an excellent how to guide for growing to understand your body one part at a time. However, in the end the process seems truly integrative. I can see how it would be a very good book for bodywork beginners or pros. Enjoy!

Bought this book to explore further after several somatic n similar classes in feldenkrais, wave works continuum , Nia and body mind centering. I travel with this book n use it to learn about myself and also experience wellbeing from it - its nice to b 'working' on many of the short experiential 'exercises' in the book and later finding that i m more in touch with my body - - sure beats pacing around or staring at the tv when in some hotel room and missing home when working overseas.

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