



Relaxercise: The Easy New Way to Health and Fitness

David Zemach-Bersi

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The Extraordinary Exercise Program Based on the Revolutionary Body-Improvement System Developed by Dr. Moshe Feldenkrais

With these brief (ten to thirty minutes) exercises, anyone can learn to improve their posture, flexibility, and physical comfort, and end the energy drain caused by muscular tension. This popular application of techniques -- never before available in such an easy-to-use form -- targets such key areas as the lower back, shoulders, neck, spine, eyes, feet, and jaw. Enhanced vitality and elimination of pain and stress will be yours through these thoroughly researched and patient-tested techniques that actually reprogram the neuromuscular system.

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