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The New Rules of Posture | Book by Mary Bond | Official ...

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A sensori-motor approach to improving posture and movement. Exploring themes from Mary's books, The New Rules of Posture and Your Body Mandala. Perception as the foundation for improving posture and movement. The body's midline and typical habits that cause it to compress or buckle. How perception of space outside the body affects spaciousness within the body.

The New Rules of Posture - Heal Your Posture - Mary Bond

The New Rules of Posture: How to Sit, Stand, and Move in the Modern World. Paperback - Nov. 29 2006. by Mary Bond (Author) 4.5 out of 5 stars 86 ratings. See all 2 formats and editions.

The New Rules of Posture: How to Sit, Stand, and Move in ...

A 7-Week Video Workshop. A revolutionary approach to improving your posture! While this workshop follows the same principles as my book, The New Rules of Posture, it also contains added information and new exercises.Available on DVD or streaming on Vimeo.

Heal Your Posture - Mary Bond - Heal Your Posture - Mary Bond

Introduction: What Are the New Rules of Posture? PART ONE: AWARENESS 1. Your Conscious Body 2. Your Body's Internet PART TWO: STABILITY 3. The Root of Posture 4. Healthy Breathing 5. Core Connections PART THREE: ORIENTATION 6. Your Heart's Messengers 7. Footprints 8. Facing the World PART FOUR: MOTION 9.

The New Rules of Posture - Inner Traditions

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The New Rules of Posture: How to Sit, Stand, and Move in ...

The New Rules of Posture | A manual for understanding the anatomical and emotional components of posture in order to heal chronic pain - Contains self-help exercises and ergonomics information to help correct unhealthy movement patterns - Teaches how to adopt suitable posture in the modern sedentary world Many people cause their own back and body pain through their everyday bad postural and movement habits.

The New Rules of Posture : How to Sit, Stand, and Move in ...

In The New Rules of Posture, Mary Bond approaches postural changes from the inside out. She explains that healthy posture comes from a new sense we can learn to feel, not by training our muscles into an ideal shape.

The New Rules of Posture: How to Sit, Stand, and Move Book

In The New Rules of Posture, Mary Bond approaches postural changes from the inside out. She explains that healthy posture comes from a new sense we can learn to feel, not by training our muscles into an ideal shape.

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Many sense that their poor posture is probably the root of the problem, but they are unable to change long-standing habits. In "The New Rules Of Posture", Mary Bond approaches postural changes from the inside out. She explains that healthy posture comes from a new sense we can learn to feel, not by training our muscles into an ideal shape.