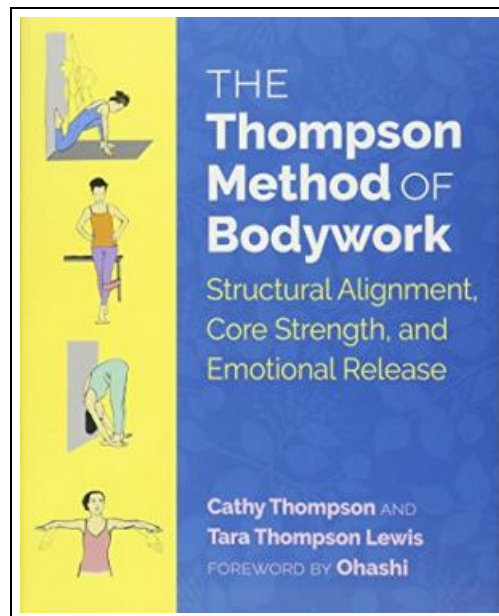


The Thompson Method of Bodywork: Structural Alignment, Core Strength, and Emotional Release



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Reviews

An exceptional ebook along with the typeface utilized was fascinating to read through. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this publication.

(Judd Schulist)

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

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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 body's 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 protégé-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 body's 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 body's 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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