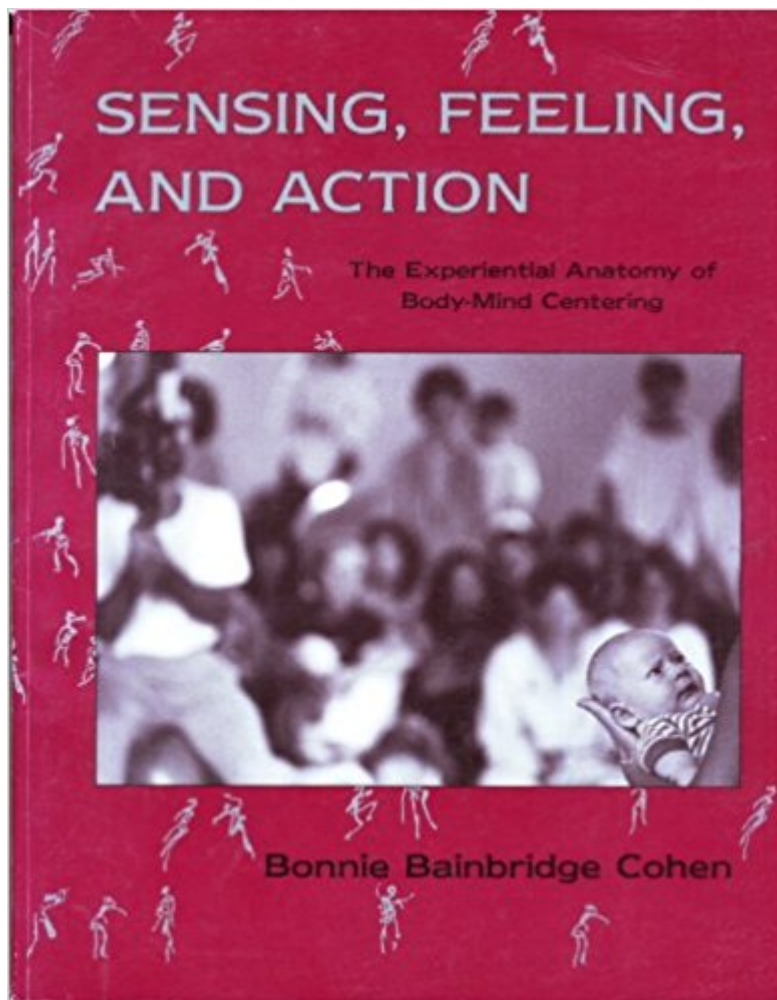




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Sensing, Feeling, and Action: The Experiential Anatomy of Body-Mind Centering

I work as an anatomy and physiology instructor in a teaching course for certified yoga teachers. This book is one of the finest books I have for insights into the body systems and how we can feel our own body to work with holistic programs, particularly for body-work specialists.

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