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Getting Grounded Manual: A Manual of Grounding Exercises

By Mr. Michael Nagel

Michael Nagel LLC. Paperback. Condition: New. 74 pages. Dimensions: 9.2in. x 7.5in. x 0.2in. The Getting Grounded teaches more than 50 physical exercises for how to ground yourself in your body and develop body awareness. The Manual presents each exercise with easy-to-understand instructions and one or more illustrative photographs. Exercises are provided for grounding alone or with a grounding partner. While most of the grounding techniques can be done at home, some are specifically designed for the workplace such as when attending a meeting in a conference room. The Manual includes these topics: About Grounding The Anatomy of Grounding West and East Suggestions for How to Do the Exercises Grounding Exercises for the Feet and Ankles Grounding Exercises for the Legs Other Standing Grounding Exercises Grounding Exercises on the Floor Grounding with Others Grounding at the Workplace Emergency Measures for Stress, Panic, and Anxiety Grounding through Awareness Suggestions for Further Study If you are chronically ungrounded, you'll benefit from the suggested daily grounding exercise routine which develops the mind/body integration and body awareness that helps alleviate stress, anxiety, and panic. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Complete information for publication fanatics. It is actually rally intriguing throug reading period of time. I am happy to explain how this is actually the greatest publication i actually have read inside my own daily life and may be he finest ebook for possibly.

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