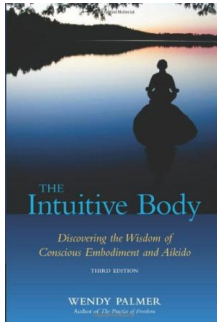


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North Atlantic Books,U.S., United States, 2008. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. The Intuitive Body draws on the principles of the non-aggressive Japanese martial art aikido and meditation to present a fresh approach to cultivating awareness, attention, and self-acceptance. Author Wendy Palmer shows readers through basic practice and partner exercises how to become more aware of the body and trust its innate wisdom. She introduces exercises from the Conscious Embodiment and Intuition Training program..

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- Authored by Wendy Palmer
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