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Spiritual Anatomy: Realigning Body and Soul (Paperback)

By Ginny Nadler

Core Body Wisdom, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. UNLOCK YOUR BODY'S NATIVE WISDOM The last 20 years have seen an amazing explosion of spiritual and physical practices, Yoga and Pilates to Somatic Experiencing, all focused on tapping into your body's inherent energetic and healing powers. And while we are more enlightened than ever about the relationship between mind, body, and spirit, many of our chronic issues remain and we're still falling short of our actualizing our highest physical potential. In her work with hundreds of clients over the past four decades, Ginny Nadler has found an important connection between the physical pain you experience and the energetic roadblocks that are deeper in the cell structure, in the very fabric of your being. In *Spiritual Anatomy*, she presents a powerful approach for unraveling your deeply entangled distortions and bringing your body back into alignment. IT ALL STARTS WITH THE PERINEUM At the core of Ginny's approach is an area of the body in the pelvic floor called the perineum. This small, one-inch area is the source of so much distortion, misalignment, and pain. Starting in the earliest...



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