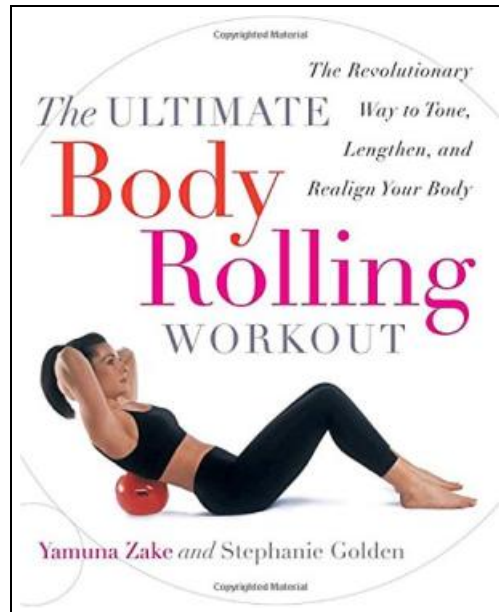


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HARMONY, United States, 2003. Paperback. Condition: New. Language: English . Brand New Book. Get rolling! Your body will ask for more. Created by veteran yoga teacher Yamuna Zake, body rolling is a revolutionary fitness technique that uses six- to ten-inch inflatable balls to strengthen, tone, and realign the body, while providing sensations that can surpass the bliss of a massage. Now, in the first book devoted to body rolling, Zake shares the routines that she has imparted to thousands of clients across the country, and shows you how to get on the ball--and get the body you've always wanted. The next step for fans of yoga and Pilates, body rolling is the ultimate way to streamline your figure and promote physical wellbeing without the bulked-up results of conventional workout methods. Like yoga and Pilates, these easy-to-follow, fully illustrated routines will condition and lengthen your muscles, improve core strength, and enhance posture, flexibility, and balance. But unlike those practices, body rolling also realigns your spine and joints, relieving pain and muscle tension and providing a workout, a massage, and a chiropractic session all at once. The routines can be combined for a full body workout, or abbreviated for instant relief--to ease shoulder tightness after a long workday or to enhance bedtime relaxation. The result: You will be not only stronger and more fit with a long, lean shape--you'll stand taller, you'll move more easily, and best of all, you'll feel terrific.

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