



Cancel-Out Of Print-Pro-Roller Massage Essentials (8211)

Angela Kneale OTR

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Target specific areas of muscle tension or restriction with Pro-Roller Massage Essentials. The exercises demonstrated in this book by Angela Kneale, OTR, help prevent injury, make you feel relaxed, aligned and resilient and also improve flexibility, posture and muscle function. The rolling movements inherently encourage integration of body and mind--teaching the brain to signal the muscles to relax. Clear instructions and color photographs, 34 pages.

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