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by Thea Sawyer : **Put Your Back at Ease: Pain free posture for fitness and health**

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PDF-31143 | Natural posture for a pain-free back. Pain-relief, vitality, physical ease, and strength have less to do with exercise than with how you carry yourself in everything you do. This insight is based on over 40 years of research by French yoga teacher Nöelle Perez-Christiaens, whose quest for pain relief took her to cultures where back and joint pain were practically unknown. Thea Sawyer describes th... *Put Your Back at Ease: Pain free posture for fitness and health*

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