



The Way to Awaken: Exercises to Enliven Body, Self, and Soul

Robert Masters PhD

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Revised and updated. A revolutionary program of psychophysical exercises that can literally change our bodies, teaching us more pleasureable and efficient ways of functioning. Gentle movements integrating mind and body help us to move with greater ease and grace, quicken reflexes, improve body sensing, enhance physical and mental performance, and even reduce the effects of aging.

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