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The psoas is the only muscle in the human organism that connects the upper body to the lower body, and its importance extends to the nerve complex and energy systems. As modern-da Located deep within the anterior hip joint and lower spine, the psoas major (usually just referred to as the psoas) is critical for optimal postural alignment, movement, and overall well being.

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Physical, Emotional ...
The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being [Staugaard-Jones, Jo Ann] on Amazon.com. *FREE* shipping on qualifying offers. The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being

The Vital Psoas Muscle: Connecting Physical, Emotional ...

The Vital Psoas Muscle is a nice combination of physical and energetics. It emphasizes the importance of the psoas as a keystone muscle and its relationship to other muscles and functions within the body. Working with the Psoas muscle can correct posture, alleviate back pain, open energy channels, strengthen the core and reduce trauma.

The Vital Psoas Muscle: Connecting Physical, Emotional ...

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upper body to the lower body, and its importance extends to the nerve complex and energy systems. As modern-day populations grow more sedentary, psoas-related lower back and hip pain, and the ailment of "sitting too much," are on the rise.

The Vital Psoas Muscle: Connecting Physical, Emotional ...

The Vital Psoas Muscle Connecting Physical, Emotional, and Spiritual Well-Being Jo Ann Staugaard-Jones Located deep within the anterior hip joint and lower spine, the psoas major (usually just referred to as the psoas) is critical for optimal postural alignment, movement, and overall well being.

The Vital Psoas Muscle Connecting Physical, Emotional, and ...

Even the most active of athletes can suffer from psoas imbalance and pain. The Vital Psoas Muscle demonstrates how to keep the muscle in balance through specific exercises designed to

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strengthen and utilize this amazing muscle, and discusses its vital role in the emotional and spiritual state of the human being.

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DESCRIPTION Located deep within the anterior hip joint and lower spine, the psoas major (usually just referred to as the psoas) is critical for optimal postural alignment, movement, and overall well being.

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The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being Paperback - 27 August 2013 by Jo Ann Staugaard-Jones (Author) 4.6 out of 5 stars 375 ratings

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The Vital Psoas Muscle : Connecting Physical, Emotional ...

The title, The Vital Psoas Muscle: Physically, Emotionally, and Spiritually Well-Being, was chosen, and the rest really is history. Thinking about the central location of the psoas and the number of neural and muscular connections, could you summarise some of the more common ways in which psoas dysfunction can present itself?

The Vital Psoas - An Interview with Jo Ann Staugaard-Jones ...

The Vital Psoas Muscle presents an in-depth look at the most important yet abused skeletal muscle in the human body. Located deep within the front hip joint and lower spine, the psoas is critical for optimal postural alignment, movement, and overall well being.

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The Vital Psoas Muscle : Connecting Physical, Emotional ...

The psoas is a hip flexor muscle that's found deep in your abdomen. There are two- right and left, because, well, most of us have two legs. They extend from either side of your spine (connecting at the lumbar spine and intervertebral discs), running through the pelvis, attaching to your femurs (at the lesser trochanters), which connects your torso to your lower body.

WHAT IS YOUR PSOAS AND WHY SHOULD YOU CARE ABOUT IT ...

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