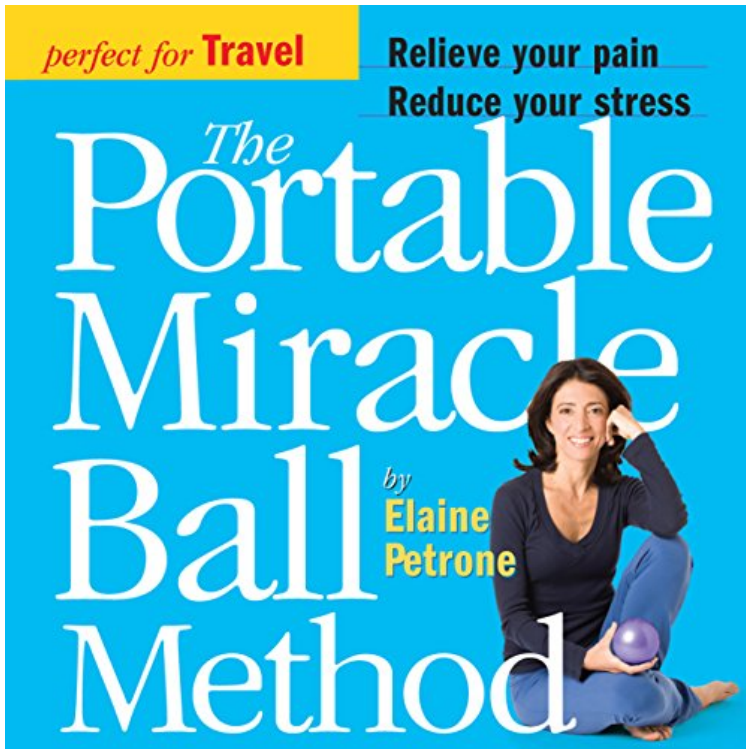


[PDF] File size: 37.Mb

# The Portable Miracle Ball Method (English Edition)



Par Elaine Petrone

DOC | \*audiobook | ebooks | Download  
PDF | ePub

Dtails sur le produit Publi le: 2006-12-30  
Sorti le: 2006-12-30  
Format: Ebook  
Kindle

[PDF] The Portable Miracle Ball Method (English Edition)

**Par Elaine Petrone : The Portable Miracle Ball Method (English Edition)**  
before purchasing it in order to gage whether or not it would be worth my time, and all praised The Portable Miracle Ball Method (English Edition):

Download

Read Online

## Description :

Prsentation de l'diteur\*\*Note: A Miracle Ball is not included with ebook edition. To purchase a Miracle Ball, please purchase a print edition of The Miracle Ball Method or visit [www.elainepetrone.com](http://www.elainepetrone.com) to purchase a ball separately.\*\* Introducing The Portable Miracle Ball, a book of simple exercises for pain and stress relief with an inflatable Miracle Ball. Ideal for business travelers and commuters or anyone who spends long hours away from home, these exercises require only one ball (which packs easily and is discreet to use in public) and can be done anywhere and everywhere. The fully illustrated book is filled with simple exercises that work miracles the minute you settle into your hotel room or board a plane. Stuck in a long line at the bank? Here are techniques to stretch the muscles and reduce tension right on the spot (and no, you wont look silly). Feet worn out after a day at the museum? The authors soothing exercises targeting the insteps and legs will have you up and moving again in no time. And for anyone who experiences discomfort when sitting for long periods, the book features exercises to be performed at your desk, on a plane, or even in a restaurant. A chapter on Emergency Measures provides quick relief for back spasms, waking up with extreme stiffness, and other acute problems. The author discusses proper breathing technique, ball placement, and the importance of listening to ones own body when performing the movements.