



How Life Moves: Explorations in Meaning and Body Awareness

Caryn McHose, Kevin Frank

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This comprehensive movement program uses the story of biological evolution as a tool to increase strength, flexibility, and body awareness. Readers learn to "unlearn" inherited bodily habits by embodying the many forms that life has expressed on Earth—from the single cell to the human being—and shifting their perception. Through this evolutionary movement, the body's native intelligence is revived and new movements can be learned, enabling the body to overcome chronic musculoskeletal complaints such as lower back, shoulder, and neck pain, and to meet whatever challenges it is faced with.

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