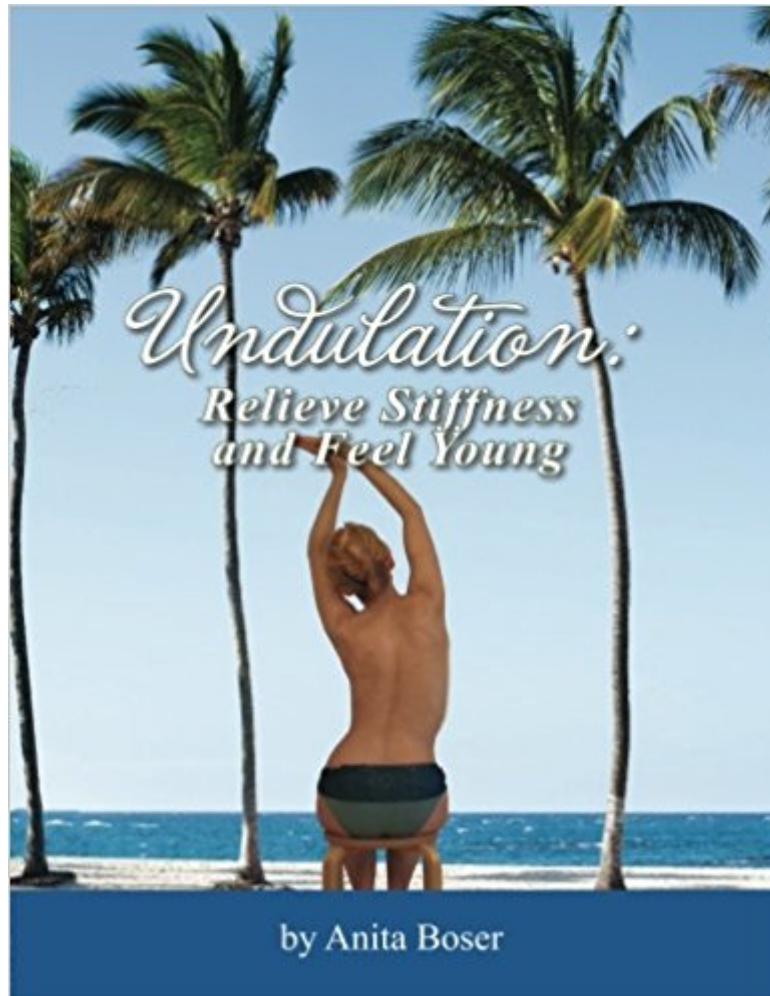




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Undulation: Relieve Stiffness And Feel Young



Synopsis

Whether you're 37, 57, or 75; an athlete or a couch potato or in between; coordinated or a klutz, *Undulation: Relieve Stiffness and Feel Young* shows how just 10 minutes a day can make a difference in how you feel. This book provides easy-to-follow guidelines and photographs for simple exercises that will help you to move more comfortably. The five Fundamental exercises create a more limber spine for anyone. Additional chapters include undulations specifically designed to target Neck & Shoulders, Low Back & Hips, Core Strength, Posture, Aging, Scoliosis, Hypermobility, and more. A total of 48 exercises are included, plus variations for each one to restore freedom and flexibility to your spine. Wherever you ache, undulation will provide relief—naturally, without medication, without equipment, without expense. You'll have fun, too. Undulations are unique. Stretching and strength training are important, but they often don't emphasize the full range of motion that we need to do the activities we depend on every day. When we lose our full range, we gradually become stiff and less flexible, so that over time we hurt more and move less. Undulations are small, unstructured movements that lubricate tissues and joints. These non-linear and non-repetitive exercises are like the movements we did naturally when we were kids.

Book Information

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Customer Reviews

"This is a little gem of a book; simple, to the point and yet very effective in showing how to release chronic tension."--Joseph Heller, founder of Hellerwork Structural Integration and co-author, *Bodywise* "Undulation is a safe and wonderful complement to more traditional therapeutic

modalities. I utilize it every day in my work to help clients discover new movement pathways and experience freedom and flow in their bodies."--Robin Rothenberg, Certified Yoga Therapist and author of the *Essential Low Back Program* "I have used body undulation ever since I learned it from Emilie Conrad in 1986--in airports (yup) and hotels to shake off travel stiffness, and it is especially useful prior to stressful events. Undulation is not a method; it is simply a manner of restoring and exploring your body's felt sense. Use this fine book to get into it, and then let yourself go into the waves."--Tom Myers, author of *Anatomy Trains* "The innate movement language of the body has been stifled environmentally, culturally, and interpersonally. With *Undulation*, Anita Boser has found a gentle and systematic way to help bodies in any condition of health to unleash motion and self-healing capacity. Flip to any page and you will find your joints spontaneously engaged in fluid movements that are beautifully illustrated. A must-read for movement professionals who work with chronic pain, the elderly, or need creative ideas to un-glue body fears in any body."--Jill Miller, author of *The Roll Model: A Step by Step Guide to Erase Pain, Improve Mobility and Live Better in Your Body* "This wonderful resource should be on everyone's shelf. My back hasn't felt this good in years! This is the book to read if you have neck, shoulder, upper back, or lower back tension."--Sharon Butler, author of *Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program* "Undulation is a clever and innovative way to combat the 'disease' of sitting in front of your computer. A minute or so of undulation every hour can do wonders for anyone with pain, or who wants to prevent pain. I have had students and office personnel perform undulations throughout the working day, and the results have been phenomenal."--Staffan Elgelid, Associate Professor of Physical Therapy, GCFP, Certified Yoga Therapist, co-author of *Yoga for Stress and Anxiety* and the forthcoming *Yoga for Active Adults* "An excellent contribution! It can do miracles for your fascial body, and your mind as well. I highly recommend it."--Robert Schleip, PhD, author, internationally known fascia researcher, and co-creator of Fascial Fitness

As a child, Anita was the smart kid, the one you'd want to help you with your homework, but the next-to-last one picked for any sports team. Then as an adult, when her twins were six, she couldn't ignore her upper back and neck pain any longer. She found relief in Hellerwork Structural Integration and in undulation, which helped her release tension and feel better. Now a structural integrator herself, she has taught undulations to thousands of people and found that it was accessible to all of them, especially those with chronic pain, fibromyalgia, arthritis, and scoliosis—even those who had spine surgery. She became convinced that undulation was

essential to spine health and wanted to share it with more people. In 2007, Anita wrote and published *Relieve Stiffness and Feel Young with Undulation* and in 2016, released a second edition, *Undulation: Relieve Stiffness and Feel Young*, which includes the same exercises, but organized in sections so readers can find the ones that will help them most. Anita hasn't been chosen for a sports team recently, but she has joined a belly dance troupe and taught yoga and dance. At 52, she is stronger and more flexible than any other time in her life. "It's like I was the uncoordinated duckling who undulated into a graceful swan," she says, "If my body can change like this, I know that anyone can get the same results."

Want to feel better right now without having to commit to lengthy exercise? Just did the neck detangler exercise from this book for about 10 mins and haven't felt this loosened up in a long time. For anyone who hears those pops and creaks in your body, these simple techniques will work them out with ease. Small movements - big difference!

Anita brings relief to sore bodies everywhere she goes! This book provides you with pain relief immediately. The exercises encompass all body parts, including your fingertips and your neck muscles. Anita is knowledgeable and her book is a blessing to those of us who struggle with aches and pains. You will not regret buying this book. It will provide you with easy to do exercises that will bring pain relief and flexibility to your entire body. I highly recommend it!

The information provided is excellent for helping guide a person toward easing joint discomfort and increasing movement. Anita Boser's approach of easy to follow photos, explanation of the movements, and their purpose of use helps direct the body owner to select the movements best suited to attain their goals. Her expertise in anatomy and physiology, connective tissue, and movement and glide allows her to easily communicate and encourage.

This is a wonderful book! The exercises are fun and really help get rid of stiffness. I had not heard about this before, others should know too. I highly recommend this book.

As a yoga teacher I am always on the lookout for things that can help my students. Often students ask what they can do between classes to keep up the momentum of progress. (Or those who find that yoga is 'too much' for their physical condition wonder what they can do in place of yoga.) And, of course, most don't have much free time so they want something simple that they can do at home

and can easily incorporate into their daily routine. Well, now I have something concrete that I can highly recommend: Anita Boser's Undulation. Her system is wonderful! With very little investment of time, everyone can gain a more flexible spine, more freedom of movement and greater body awareness - all of which add up to more vitality and a much improved quality of life. Anita explains very clearly just why movement is necessary to maintain (or regain) a healthy, vital body. And then she provides a unique and very enjoyable system of movements that produces results quickly and easily. Thank you, Anita!

I have only used the beginning exercises but they have been all I have needed. The exercises have been a blessing!

This book is full of ingenious exercises that teach your body how to relax and move at the same time. Anita Boser has used the fundamental movement of "undulation" to create easy-to-do exercises that restore good muscle tone and flexibility. A great thing about this book is that a beginner can benefit from it right away. Also, someone with years of experience with exercise or movement study can still learn a lot from it. Exercises don't have to be difficult to be useful. It is the ease of these exercises that makes them work - they show your body how to move with greater fluidity and less effort. Nice job, Anita.

Learning how to move your spine is the best way to keep feeling young and healthy. I have bought several of these books, so I have extras to loan to my Rolfing clients. Many of them enjoy it. Though some prefer the audio CD by the same author. The author, Anita Boser, is a practitioner of Hellerwork/Structural Integration in Washington State. She teaches classes on this topic by request, in Portland Oregon and elsewhere. I have taken her class twice and all the students loved it.

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