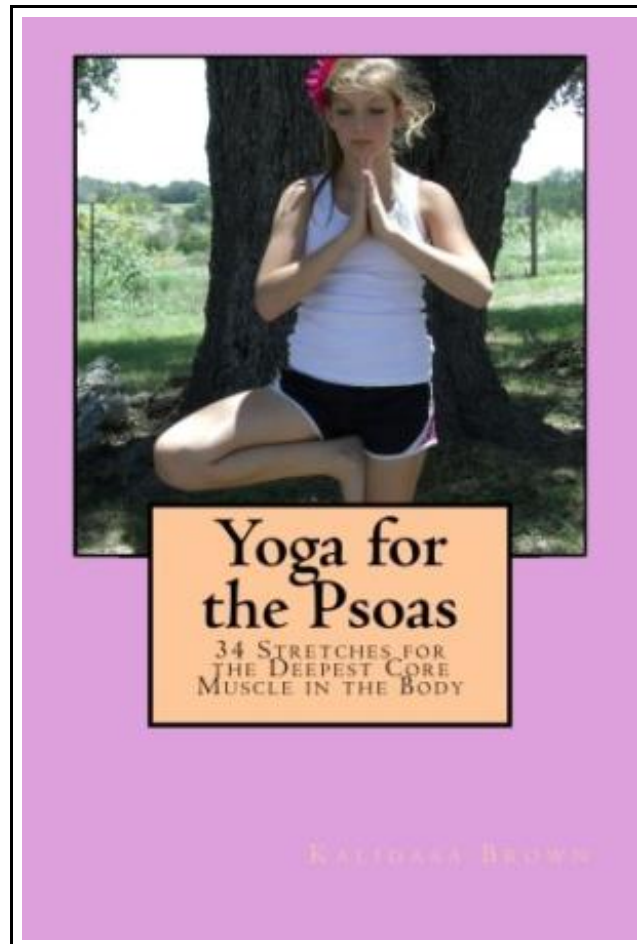


## Yoga for the Psoas: 34 Stretches for the Deepest Core Muscle in the Body (Paperback)



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(Prof. Kip Spinka IV)*

## YOGA FOR THE PSOAS: 34 STRETCHES FOR THE DEEPEST CORE MUSCLE IN THE BODY (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The psoas muscle is the deepest muscle in the body, one on each side. It is the core muscles that many exercise practices seek to strengthen. While it may be a relatively easy muscle to strengthen, it can be harder to stretch. And, every serious exercise practitioner knows how important it is to stretch muscles that have been strengthened. Yoga for the Psoas contains all the stretches you could ever need to stretch the psoas. While there are more stretches available, the 34 presented here represent a wide variety of the best ones there are. They will surely give anyone a great psoas stretch. Where exactly is the psoas? It runs from the upper inner thigh up to the front inner hip, and then continues up diagonally through the belly to the lower inner spine. Its path is under all other muscles only coming near the surface in three places. There is more information in Yoga for the Psoas, but that is the basics. Its location is so deep that most massage practitioners don t know how to get to it. There are even very specialized classes for strengthening the core muscles. They often don t even mention the psoas because it is such an obscure muscle! But, it is the main core muscle that is targeted in core strengthening classes. A really great thing about doing any yoga stretching those targets the psoas is that most of the body will get a great stretch and workout at the same time! This is because of just how core the muscle is. Just about anything you do for the psoas will affect several other areas in the body. The...

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