



Movements in Touch for couples and families

By Gilad Perry Naaman

Austin Macauley Publishers. Paperback. Book Condition: new. BRAND NEW, Movements in Touch for couples and families, Gilad Perry Naaman, The book, MOVEMENTS IN TOUCH FOR COUPLES & FAMILIES, is an attempt to reestablish moments of intimacy and mutual understanding and relaxation in our hectic modern life. Simple movements and touch reveal renewed communication between the people we care about that are direct, comfortable and shed of barriers. The emphasis is on striking a balance between spiritual and physiological well-being. The integration of a partner's touch in combination with movements designed to alleviate physical discomforts, such as back pains, excessive strains on the neck and shoulders, and muscle tension, brought on by stress also has a great effect on the soul. Mutual understanding and the harmonious balance of simple movements in pairs strengthen relationships in the family regardless of their gender, physical limitations, age or attachment (spousal, parent-child and siblings) and can help reduce stresses arising from daily activities and major life changes such as relocation, preparing for examinations, recitals, interviews, auditions and other events.



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