

A practical How to Manual for You and Your Body. Alignment discoveries for Health and Longevity This book provides an important step in our understanding of the human body by presenting a comprehensive view of Physical Alignment. * Simply reading this book can bring positive physical results. * The Hathaway Alignment Sessions (HAS) will be of great interest to practitioners of the healing arts as well as Doctors, Nurses, Chiropractors, Physical Therapists, psychologists and other health professionals. * The knowledge of Alignment and Breathing may appear elementary, but, when experienced fully the results can be dramatic, powerful and lasting. * Application of the discoveries in the book, HAS, cover the spectrum of health from severe illness to perfect health. * The HAS can provide a direct and natural solution to many human illnesses, especially those related to: Emphysema, Asthma, Lung diseases, Bursitis, Tendonitis and Arthritis, to name but a few. * The Hathaway Alignment Work can have a positive impact on problems such as Parkinsons, Cerebral Palsy, and Epilepsy, and in some cases achieve complete remission. * The Breathing and Alignment Sessions, as delineated in this book, should be the foundation of early health education programs. * Professional athletes can enhance their agility, stamina, grace, longevity and overall performance with the application of the Alignment Sessions. * The retired athlete will find these Alignment Sessions important for releasing the tensions, stress and trauma that their respective sports have produced. * Many psychological problems become manageable and can diminish as a result of this work. The mental elements of fear and suffering can decrease as a result of becoming acquainted with the HAS. * Mastering what is presented in this book can enable you to understand many of the symptoms of your own physical problems and ascertain their solutions. * This knowledge is similar to discovering an element on the atomic chart. As such, any research in the fields of health using HAS can reveal new findings as well as provide a path to future insights of the human body. * For many of man s physical problems the Hathaway Alignment Work can indicate the cause, the remedy and a prescription for releasing these physical problems. * The HAS can reduce medical costs and health concerns for the business community, government and the general public. * The Hathaway Alignment Work provides fundamental data for the field of Ergonomics.

Edgar & Ellen Triple Threat: Their First Three Misadventures (Rare Beasts / Tourist Trap / Under Town), A Gilbertese-English dictionary, The pianists problems;: A modern approach to efficient practice and musicianly performance, Reality in Advertising, La grammatica inglese (Strumenti) (Volume 1) (Italian Edition), Where in the World Is the Philippines?: Debating Its National Territory,

A Practical How to Manual for You and Your Body.

This is a letter from a woman in Australia who worked from the book Hathaway Alignment Sessions: I discovered your alignment releasing sessions in February .

My role in these alignment sessions isn't really to provide an in-depth . the team at Berkshire Hathaway HomeServices Rubina Real Estate; and finally, back to. The Mission Statement is based on the writings of Monica Hathaway () For more information, see Hathaway Alignment Sessions , by Harmon Hathaway .

14 Nov - 2 min - Uploaded by Susie Hathaway Susie Hathaway, ACSM certified personal trainer and a BONUS minute coaching. The Hathaway Alignment System â,,ç - Alignment Discoveries for Health and Longevity you are in motion or at restâ€”and Alignment Releasing Sessions.

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