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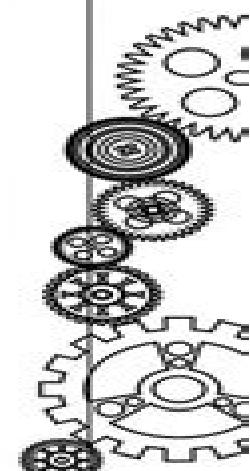
THE FIRST FIVE YEARS OF KATY SAYS

Katy Bowman, M.S.

Author of *Move Your DNA*

Biomechanics. Pelvic Floor. Iliopsoas. These words may spark intrigue for fitness pros, but they're like kryptonite for much of the general population. That's where Katy Bowman comes in. Bowman succeeds with a teaching and training style that is equal parts education and entertainment.

—IDEA Fitness Journal



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Alignment Matters Katy Bowman, 2016-09 Troubleshoot Your Human Machine and Resolve the Deeper Alignment Issues Affecting Your Health Bowman's Move Your DNA 2014 which explores the difference between exercise and movement caused a mini revolution in health and wellness circles Since mainstream media caught wind Bowman's furniture free home movement based lifestyle and scientific explanations of why we need to move have become staples in national health publications and online media around the world But before Bowman became well known she wrote down her ideas on movement and alignment in a blog called Katy Says Alignment Matters contains the first five years of her posts organized to function as a primer to alignment and better movement and also to Bowman's more complex books Starting with the feet and working all the way up to the head her clear engaging essays take you on an enjoyable and unconventional ride through the human body and include stretches habit modifications spiritual insights and enough belly laughs to soften even the tightest psoas Couch potatoes professional athletes and everyone in between all have something to learn about movement With Alignment Matters readers will gain a better understanding of the incredible complex and always fascinating human body

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