

# Alignment Matters:

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*



# Alignment Matters The First Five Years Of Katy Says

**Xiaolong Qi**



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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

Book jacket **Roll dich fit** Jill Miller, 2015-09-23 Verändern Sie Ihr Leben mit gerade einmal 10 Minuten Faszienarbeit pro Tag Gesunde Faszien sind der Schlüssel für einen gut funktionierenden Körper und somit zu besserer Lebensqualität Rollen auch Sie sich fit mit der Roll Model Methode basierend auf klassischen Yogaübungen gegen Schmerzen und Verspannungen der Vergangenheit an Mit Übungen für jeden Körperbereich Wissenswerte zu Faszien und Muskeln Zur Verbesserung von Beweglichkeit Haltung und Leistungsfähigkeit Umfangreicher Praxisteil mit Schritt für Schritt Fotos Mit Atemübungen gegen Stressbelastung Betroffene erzählen von ihren Erfolgen Verändern und revitalisieren Sie Ihren Körper von innen heraus rollen Sie gleich heute los Everything Moves Susan Lowell de Solórzano, 2020-10-09 What a multi sensory pleasure in learning I

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