

Natural Posture For Pain-Free Living: The Practice Of Mindful Alignment

By Kathleen Porter



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Kathleen Porter is the author of Natural Posture for Pain-Free Living: The Practice of Mindful Alignment 3 The Open Secret to Pain-Free Living

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Nov 06, 2013 Kathleen Porter is a longtime movement educator and author dedicated to sharing revolutionary insights about skeletal alignment Kathleen Porter is

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Kathleen Porter is the author of Natural Posture for Pain-Free Living (3.90 avg rating, 20 ratings, 1 review, published 2013), Ageless Spine, Lasting Hea

Natural Posture for Pain-Free The Practice of Mindful Alignment. Kathleen Porter shows what natural skeletal alignment truly looks like.

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