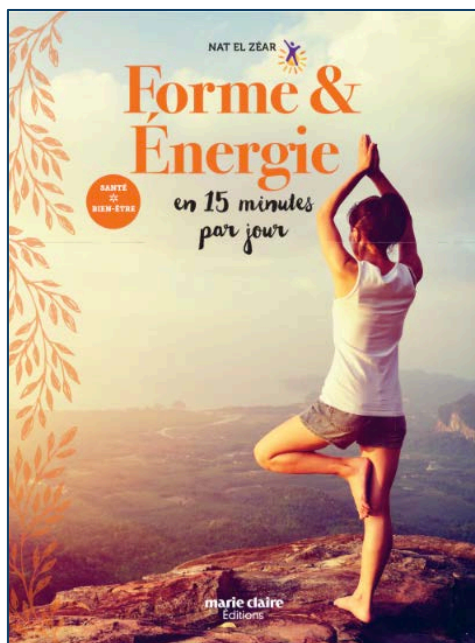


Form & Energy

in 15 minutes per day

August 2017



Synopsis:

Our posture influences our way of living and the way we see the world, and vice-versa. When we are depressed, all our body can feel it: shoulders and chest are lowered and we lose our tone. And in the other way around, a lowered body invites us to be depressed. It is a vicious circle. In this book, Nat el Zear develops a program in 9 months, with exercises to do 15 minutes per day, to find form and energy again.

He brings to the readers the tools necessary to get a grip on their life, improve their physical shape and follow the path of well-being:

- An adapted physical practice.
- A healthy diet.
- A psycho-emotional clarification.

Content:

Nine units of each four levels (one level per week). Each unit focuses on a different part of the body: feet/ankles, knees, pelvis/hips, chest/shoulders, neck, arms/elbows, hands/wrists, abdomen/cladding, and a synthesis. Each level has a specific target and contains short exercises to realize during the day.

The Author:

After having worked for a time as a music teacher and a Kundalini yoga teacher in the South of France, **Nat el Zear** moved to Spain and started to explore physical practices, bio-construction and permaculture. He advocates a holistic approach of body and mind. Practise of singing and playing guitar incited him to deal with body positioning in depth, but also on the psycho-emotional aspects of the body.

■ Specs:

- Series: Health & Personal Growth
- Date of Issue: August 25th 2017
- RPP: 14,90 €

- 292 pages
- 170 x 230mm
- Paperback
- ISBN : 9791032301364

Fitness & Energy - Table of Content:

INTRODUCTION

Module 1 Feet & ankles

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 2 Knees & legs

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 3 Pelvis & hips

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 4 Chest & shoulders

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 5 Neck & nape

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 6 Arms & elbows

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 7 Hands & wrists

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 8 Abdomen & shaping

Presentation

Level A: Awareness & loosening up

Level B: Limbering up

Level C: Toning

Level D: Summary & practicing

Module 9 Summary

Level A: Time for coherence

Level B: Going to fluidity in every aspect of life.

Level C: Switch on your whole body

Level D: Entering the stream of Life

What shoes to choose?

All the explorations

Dictionary

Nat's biography

Bibliography