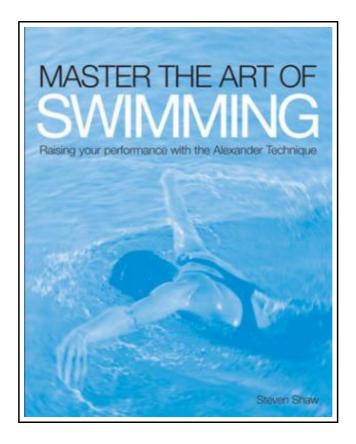
# Master the Art of Swimming



Filesize: 3.53 MB

## Reviews

Totally among the best publication I actually have actually go through. It can be filled with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding. (Glen Ernser)

## MASTER THE ART OF SWIMMING



Paperback. Book Condition: New. Not Signed; Swimming improves your flexibility, tones your body and can help to boost your self-esteem and produce a sense of well being. It is the nation's most popular sporting activity with 11.9 million people swimming regularly. However, most people don't know how to swim properly. This book is based on a 35-year voyage of discovery into the art of swimming. Steven Shaw's method takes the Alexander Technique into the swimming pool - focusing on releasing tension from the head, neck and back. Steven has evolved a unique way of breaking down strokes into a series of therapeutic movements, which can be practised individually or with a partner, in a pool or on dry land. These provide the building blocks, which combine to make it possible for anyone to recraft their own strokes in a way that promote good body use and avoid injuries. Instead of performing physical actions in an automatic way, you begin to learn body awareness. This way of swimming not only feels freer and more open, it is graceful and has a sense of flow, often absent from the way many people swim. Shaw looks at the most popular strokes - front crawl, back stroke, breast stroke and butterfly - focusing on maximum efficiency and minimum strain. book.



Read Master the Art of Swimming Online
Download PDF Master the Art of Swimming

## Other Kindle Books



### That Recoil of Nature (Paperback)

Charivari Press, Canada, 2011. Paperback. Book Condition: New. 202 x 132 mm. Language: English. Brand New Book. In 1598 a young Italian noblewoman named Beatrice Cenci murdered her abusive, rapist father. Her actions found...

Save Book »



#### NIV Soul Survivor New Testament in One Year

Paperback. Book Condition: New. Not Signed; 'The whole Bible, in just one year? You've got to be kidding.' Don't panic! How about just the New Testament to start off with? Take thousands of young people...

Save Book »



### New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond

Paperback. Book Condition: New. Not Signed; This is Book 2 of CGP's SAT Buster 10-Minute Tests for KS2 Grammar, Punctuation & Spelling - it's a brilliant way to introduce English SATS preparation in bite-sized chunks....

Save Book »



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625) (Paperback)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now...

Save Book »



Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625) (Paperback)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you...

Save Book »