

Core Awareness, Revised Edition: Enhancing Yoga, Pilates, Exercise, and Dance offers a guide to Core Awareness, a body-oriented approach that explores the. Core Awareness, Revised Edition: Enhancing Yoga, Pilates, Exercise, and Dance offers a guide to Core Awareness, a body-oriented approach that explores the practice of bringing focus and attention to inner sensation as the means of cultivating an innate capacity for expressive movement.

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