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The Way of Stretching: Flexibility for Body and Mind

Anne Kent Rush

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The Way of Stretching: Flexibility for Body and Mind Anne Kent Rush
- The book features stretching exercises designed to prevent injury and to promote the healing of specific body parts.- Rush incorporates ideas from many different traditions, including T'ai Chi, Chinese medicine, Aikido, Zen, yoga, and massage.- Rush has pioneered a ingenious new technique called the "Rush Reverse," a simple-to-perform exercise that lengthens muscles.- Widely recognized as an authority on bodywork, Rush is the author of the perennially popular "The Back Rub Book and the illustrator of George Downing's two-million-copy bestseller "The Massage Book.

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