

# [PDF] Meet Your Body: CORE Bodywork And Rolfing Tools To Release Bodymindcore

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#### Books Details:

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#### Description:

**Review** 'I would hugely recommend this book and know that I will return to it again and again over time. I have used some of the exercises and definitely feel the benefit. If you are interested in your own health or are a therapist looking for new exercises to use with your clients, this book will definitely give you inspiration.' - Tracy Footitt's Shiatsu Blog  
'This book gives an interesting understanding of the structure of the human body for a qigong practitioner. He takes the holistic view that we need to work with all our hinges, not just the ones that are giving us a problem... I think that bodyworkers such as Rolfers and cranio-sacral therapists have a lot of insights to offer the qigong world.' - Ken Morgan, Medical Qigong Education Centre

**About the Author** Noah Karrasch is a certified Rolfer and licensed massage therapist, and holds a teaching degree from the University of Missouri, Columbia. He teaches core bodywork skills throughout the midwest and also works with the Wren Clinic in East London. Noah lives and works in Springfield, Missouri.

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