



Relaxercise: The Easy New Way to Health and Fitness

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An extraordinary program based on the revolutionary body-mind system Developed by Dr. Moshe Feldenkrais With these brief ten to thirty minutes lessons, anyone can learn to improve their posture, flexibility, and physical comfort, and end the energy drain caused by muscular tension. The lessons address key areas such as the lower back, shoulders, neck, spine, eyes, feet, and jaw. These thoroughly researched and tested lessons actually reprogram the neuromuscular system -- enhancing vitality, eliminating of pain, and reducing stress.