

MOVING AWAY FROM PAIN

with Eva Jacobs

**A self-learning series to
better health and well being.**

**of particular benefit to RSI
and other musculo-skeletal problems.**

Eva Jacobs

Moving Away from Pain

1986

Moving Away From Pain is a four part, self-help cassette programme designed to accelerate the rehabilitation and prevention of RSI, and other musculo-skeletal conditions such as arthritis and back problems. Each lesson has been tailored to approximately 45 minutes, you will find these tapes a convenient and excellent way to well being.

- 01 Improving breathing capacity through the expansion of the rib cage
- 02 Movements for the neck region and their effect on the body
- 03 Differentiation of pelvic movements
- 04 The effect of shoulder movements on the neck region

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Archived Resource - 2 x Audio cassette tapes