

Relaxercise®



Extraordinary Exercises
for
Improved Posture
Greater Flexibility
Stress Reduction
and Pain Relief

Mark Reese & David Zemach-Bersin

Relaxercise

1999

Relaxercise offers a comprehensive series of unique easy-to-do 30-minute Awareness Through Movement exercises recorded especially for the general public. Relaxercise is designed for use both at home and at work. It gives special consideration to the common postural problems associated with sitting for long periods of time. Relaxercise improves your posture offers relief to every common problem area and is a rich source of information on how to maintain healthy movement. This exceptional program is a special benefit to beginners.

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Archived Resource - 6 x audio cassette tapes