



Jack Heggie

Total Body Golf

Seven Steps to a Winning Game

Golf is about ease and freedom of motion and developing a feel for each shot. What makes us better golfers and makes the game enjoyable is a swing that feels effortless yet powerful. Based on the work of Moshe Feldenkrais these lessons teach you how to use your whole body efficiently and without strain. Achieve a truly balanced and centered stance and a more powerful swing, which will lead to the elegant shots that characterize the genuine expert.

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