



Pilates At Home Guide Open Now

Lisa Margulies

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your own crown jewels The top nightspots for cruising and schmoozing And much more Frommer's The Name You Can Trust Find us online at www.frommers.com **The Working Actor's Guide to Los Angeles (2003)** Kristi Callan,2003 The Rough Guide to Cambodia Beverley Palmer,2013-10-10 The Rough Guide to Cambodia is the ultimate travel guide to this fascinating country with clear maps and detailed informed coverage on the country's foremost tourist draw the stunning temples of Angkor As well as up to date practical advice on where to stay and eat for all budgets there's a comprehensive section on Cambodia's tasty cuisine and where to find a cookery course Things Not To Miss highlights where to go and what to do while two full colour sections Festivals and Ceremonies and Temple Architecture make sure you're well informed Whether it's relaxing on one of the country's sparkling sandy beaches trekking through the jungle helping out at the elephant sanctuary or finding a homestay The Rough Guide to Cambodia is the only guide you'll need Originally published in print in 2011 Make the most of your holiday with The Rough Guide to Cambodia Now available in ePUB format Mobilizing the Myofascial System Doreen Killens,2018-10-01 Fascia has become the new buzzword in the field of rehabilitation and movement re education Until recently its contribution to musculoskeletal dysfunction had been underestimated We know now that fascia plays an important role in health wellbeing and mobility It transmits the power of the muscles communicates with the nervous system and serves as a sense organ Many different groups of professionals are now exploring the world of fascia as evidenced by the explosion of research in this field However many physical therapists are still unfamiliar with fascia and continue to think of it as the dead packing material that is pushed aside during dissections in order to visualize the important stuff like muscles and nerves Physical therapists with their varied skill set in manual therapy techniques are well placed to take on this important tissue Mobilization of the Myofascial System aims to help them to do that Mobilization of the Myofascial System MMS the technique described in this book has its origins in manual physical therapy for the articular muscular and neural systems Tom Myers book Anatomy Trains which examines the myofascial meridians for manual and movement therapists has been the framework and inspiration for the development of MMS In this book the author outlines the theory and pathophysiology of fascial dysfunctions A full description of the MMS assessment and treatment approach is given as well as guidance on ways in which it may be integrated into the other methods normally used by manual therapists Subsequent chapters offer full descriptions and color photos of the MMS techniques The chapters are organized into various anatomical regions simply to facilitate learning These divisions are of course artificial as fascia is a continuum from the top of the head down to the toes Mobilization of the Myofascial System is primarily intended for physical therapists who have been trained in manual therapy but it will also be valuable for osteopaths chiropractors massage therapists structural integrators and other body workers who are seeking an alternative way to work with this important and fascinating tissue The Rough Guide to Miami & South Florida Mark Ellwood,2005 The Rough Guide to Miami and South Florida is the ultimate guide to Florida's hottest destination There are lively accounts of Miami's top draws from hip South Beach and swanky Coconut Grove

to the non stop action of the Latin flavoured nightlife The guide includes detailed coverage of the glorious Keys where you can snorkel off Sambrero Reef or enjoy the anything goes atmosphere of Key West Throughout there are insider s reviews of the best accommodation restaurants and bars and much more At the rear of the guide there are full colour maps with grid references for every attraction and recommendation

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Cincinnati Magazine ,2006-01 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region

The Rough Guide to India Rough Guides,2016-10-03 Thoroughly revised and revamped with expanded coverage for its tenth edition The Rough Guide to India is the ultimate travel guide to one of the world s great travel destinations From the majestic landscapes of the Himalayas to

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Insiders' Guide to North Carolina's Southern Coast and

Wilmington, 15th Zack Hanner,Pamela Watson,Emily Gorman-Fancy,Rebecca Pierre,Kate Walsh,2008-06 This book offers everything you need to know about North Carolina s southern coastal area whether you re planning a vacation relocating to the area or are a local who wants to know more

North Carolina's Outer Banks - Insiders' Guide Karen Bachman,2006-05 North Carolinas Outer Banks offer visitors and residents alike a wide variety of things to do both indoors and out Visit well preserved beaches view abundant wildlife and soak in the areas rich history This authoritative guide gives the inside scoop

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