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the stretch therapy method contains easy to learn stretching exercises that work for normal adult bodies regardless of prior experience and physical condition the exercises are complemented by

stretch therapy videos hundreds of hours of free in depth stretching exercises follow along routines and many thoughtful ways to improve your relationship with your body and a few cute cats too

into the stretch is for anyone new to stretch therapy and is suitable for every body learn the techniques that have helped tens of thousands of people to experience grace and ease in the body

the c r approach ensures that a deeper and longer lasting stretch is attained making stretch therapy far more effective than simply stretching and holding a position

explore free written audio and video information about the proven stretch therapy method stretching exercises stretching routines relaxation guides and much more

84 lessons 0 not started have you reached a plateau in your journey to maximum flexibility the stretch therapy mastery course is just for you we show you how to remove the roadblocks

the stretch therapy method is a proven system of stretching exercises for adults regardless of prior experience

dec 21 2022 explore spinal rotation after blocking through the standard floor rotations olivia uses the mat pile a stack of stretching mats we keep in the corner of the studio to demonstrate and explain

we have the right course for you the proven stretch therapy method has already worked for over 50 000 students around the world no matter where you are on the flexibility spectrum we have a

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