

Alignment Matters:

THE FIRST FIVE YEARS OF KATY SAYS

Katy Bowman, M.S.

Author of *Move Your DNA*

Biomechanics. Pelvic Floor. Iliopsoas. These words may spark intrigue for fitness pros, but they're like kryptonite for much of the general population. That's where Katy Bowman comes in. Bowman succeeds with a teaching and training style that is equal parts education and entertainment.

—*IDEA Fitness Journal*



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M Carnoy



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Alignment Matters Katy Bowman, 2013 Troubleshoot your human machine and resolve the deeper alignment issues affecting your health Through her blog Katy Says biomechanist Katy Bowman has been educating hundreds of thousands of people about optimal alignment and natural movement since 2007 Alignment Matters contains the first five years of her short essays in an easy to follow format Starting with the feet and working all the way up to the head Bowman s clear engaging text lays out a user s manual for the human body including stretches habit modifications spiritual insights and enough belly laughs to soften even the tightest psoas Couch potatoes professional athletes and everyone in between all have something to learn about their bodies With Alignment Matters they will be well on their way to understanding the human machine **Roll**

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