

# Pelvic Power: Mind/Body Exercises for Strength, Flexibility, Posture, and Balance for Men and Women


By Eric Franklin


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Combining scientific principles with movement and imagery exercises that are both effective and fun, this book demonstrates how to create a stronger body by toning the pelvic floor. Focusing on the biomechanics of the pelvic floor, which acts as a support for the inner organs and contains a passage for the urethra, the sex organs, and the rectum, this guide shows how the pelvic floor plays an important role in almost all movements, balance, and body posture. The exercises train the muscles and joints and improve the tone of the organs, thereby increasing energy flow, eliminating incontinence, and keeping sexual organs healthy. The mind-body techniques are used to increase awareness of this part of the body and to improve sexual stamina.

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### Editorial Review

Review

"Accurate and highly understandable sketches...useful for men and women, teachers and students alike."  
—*Journal of Dance Medicine and Science*

About the Author

**Eric Franklin** is a member of the International Association of Dance Medicine and Science and is the head of the Franklin Method Institute in Uster, Switzerland. He is the author of *Relax Your Neck, Liberate Your Shoulders* and *Dynamic Alignment Through Imagery*.

### Users Review

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**Anthony Green:**

This Pelvic Power: Mind/Body Exercises for Strength, Flexibility, Posture, and Balance for Men and Women book is just not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this guide incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This kind of Pelvic Power: Mind/Body Exercises for Strength, Flexibility, Posture, and Balance for Men and Women without we realize teach the one who reading through it become critical in thinking and analyzing. Don't end up being worry Pelvic Power: Mind/Body Exercises for Strength, Flexibility, Posture, and Balance for Men and Women can bring whenever you are and not make your case space or bookshelves' turn out to be full because you can have it within your lovely laptop even phone. This Pelvic Power: Mind/Body Exercises for Strength, Flexibility, Posture, and Balance for Men and Women having very good arrangement in word and layout, so you will not really feel uninterested in reading.

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