



Sports Touch: For the Serious Athlete (Paperback)

By Kate a Montgomery

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Large Print. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Sports Touch by Kate Montgomery, a sports massage therapist and professional kinesiology practitioner, created the Sports Touch System (1986) while living in San Diego, CA. Her clients were professional, Olympic, masters and weekend warriors. They were serious athletes who wanted to achieve their best performance, increase their energy and stamina and most importantly, accelerate their recovery. Kate took techniques from her sports massage and Touch for Health kinesiology training, as well as other healing modalities (acupuncture, chiropractic, homeopathy, herbal therapy) and created Athletic Rituals and taught every athlete a self-care program to be done daily, before, during and after training or in a race. Each Ritual in the Sports Touch System is designed for a specific purpose: 1. To enhance the breathing mechanism for better energy and stamina 2. To help strengthen the immune system 3. To be able to consistently clear waste by-products from muscles immediately, increasing a faster pace without pain. 4. To enhance mental focus and concentration 5. To accelerate recovery 6. To have achieve better balance and vision 6....



READ ONLINE
[3.31 MB]

Reviews

This publication is indeed gripping and intriguing. It is actually written in basic terms and not difficult to understand. I am just pleased to explain how here is the greatest publication we have read through during my own lifestyle and could be the best pdf for at any time.

-- **Ervin Crona**

Unquestionably, this is the finest work by any publisher. I really could comprehend every little thing using this published e book. You will not sense monotony at anytime of your respective time (that's what catalogs are for regarding should you question me).

-- **Joe Kessler**