

**Meet Your Body: CORE Bodywork And Rolfing Tools
To Release Bodymindcore By Noah Karrasch**

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Short Features and Brief Takes Core Bodywork and Rolfing Tools Noah Karrasch, a certified Rolfer and licensed massage therapist has written a new book Meet Your

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How to Work Your Core. The core of the body is made up of the muscles of your torso and pelvis. Working your core improves your stability and Meet a Community

10 upper- body moves that build your core too

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Noah karrasch (author of meet your body) -

Noah Karrasch is the author of Meet Your Body (3.80 avg rating, 5 ratings, 0 reviews, published 2009), Noah Karrasch s Followers (1)

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