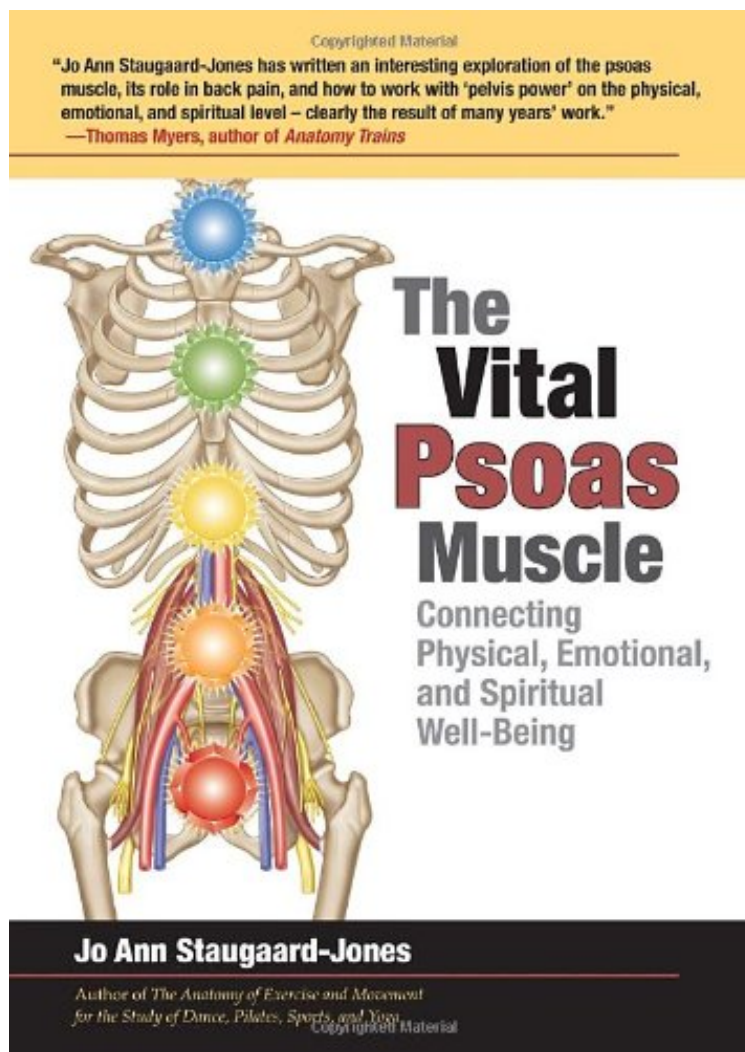


[FREE] The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being

# The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being

Jo Ann Staugaard-Jones

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**Jo Ann Staugaard-Jones : The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being:

115 of 118 people found the following review helpful. Great book for showing stretches By Brian Jess This book is great for showing beneficial stretches that help relieve hip and back pain. I bought it with the Psoas Release Party book, which is good but not as detailed as this for the stretches, it helps to release and relax the muscle. This book helps strengthen the muscles, so found it more detailed. 2 of 2 people found the following review helpful. I am very glad to

own this book By happy to shop at As described and very informative and educational book about the body. I am very glad to own this book. 235 of 246 people found the following review helpful. Psoas - really By Ann O'Flanagan I know you are thinking - what is Psoas. Well I thought that too until I found out that all my back problems, aches and pains were caused by a tight psoas muscle. I learned from Jo Ann Jones that the Psoas muscle, which is largely unheard of among the general public and most professionals, has a dramatic effect on all bodily functions because it connects the upper body to the lower body. When I first got the book I just skimmed it. Later I tried the exercises. Guess what, my psoas muscle really did release. The exercises worked like a charm. I am a sloucher with terrible posture. I have sat at a desk most of my life. This book is wonderful. It is easy to read and it provides knowledge that you can't find anywhere else.

Located deep within the anterior hip joint and lower spine, the psoas major (usually just referred to as the psoas) is critical for optimal postural alignment, movement, and overall well being. The psoas is the only muscle in the human organism that connects the upper body to the lower body, and its importance extends to the nerve complex and energy systems. As modern-day populations grow more sedentary, psoas-related lower back and hip pain, and the ailment of "sitting too much," are on the rise. Even the most active of athletes can suffer from psoas imbalance and pain. The Vital Psoas Muscle demonstrates how to keep the muscle in balance through specific exercises designed to strengthen and utilize this amazing muscle, and discusses its vital role in the emotional and spiritual state of the human being. The interconnection between the psoas and the root chakra is explored, along with yoga poses and postures that stimulate the psoas. Eighty full-color illustrations depict anatomical details, and show the key stretching and strengthening exercises in this practical and comprehensive treatment of the most important skeletal muscle in the human body.

"This book has enlightened and assisted me in my own personal and professional evolutionary process, and I feel that any reader, after taking this journey with the author, will be able to add a layer of knowledge and enlightenment on their own path to a better understanding of optimal health and function." Gary Mascilak, D.C., P.T., C.S.C.S The Vital Psoas Muscle considers this specific muscle, located in the front hip joint and lower spine and critical for postural alignment, movement and overall well-being. It tells how to solve lower back pain and reduce trauma through understanding the physical, emotional and spiritual ramifications of this muscle, offering in-depth illustrations and key stretching and strengthening routines that incorporate the use of yoga or pilates. Midwest Book About the Author Jo Ann Staugaard-Jones is a professor of kinesiology and dance. She is a certified Pilates and yoga instructor with a master's degree in dance and education, and received degrees at the University of Kansas and New York University before pursuing a career as a performer, choreographer, teacher, and movement scientist. She currently teaches interactive movement workshops across the U.S. and sponsors international holistic retreats.