



Zen Body-Being: An Enlightened Approach to Physical Skill, Grace, and Power

Peter Ralston, Laura Ralston

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In this inspiring guide, Peter Ralston presents a program of "physical education" for anyone interested in body improvement. Using simple, clear language to demystify the Zen mindset, he draws on more than three decades of experience teaching students and apprentices worldwide who have applied his body-being approach. More of a transformative guide than a specific list of exercises devoted to any particular physical approach, *Zen Body-Being* explains how to create a state of mental control, enhanced feeling-awareness, correct structural alignment, increased spatial acuity, and even a greater interactive presence. Exercises are simple, often involving feeling-imagery and meditative awareness, which have a profound and sometimes instant effect. Where similar guides teach readers what to do, this book teaches readers how to *be*.

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