

# The Bodywork Manual



This manual is written to help you understand and work with your body. You can use it in the most basic way, to relieve aches and pains or take it much further and learn to change patterns of emotion and movement in your muscles and nervous system. Its up to you. You will, to some extent, be changing deeper patterns. Whichever exercises you use and the more consciously you can do this, the greater the long term changes.

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