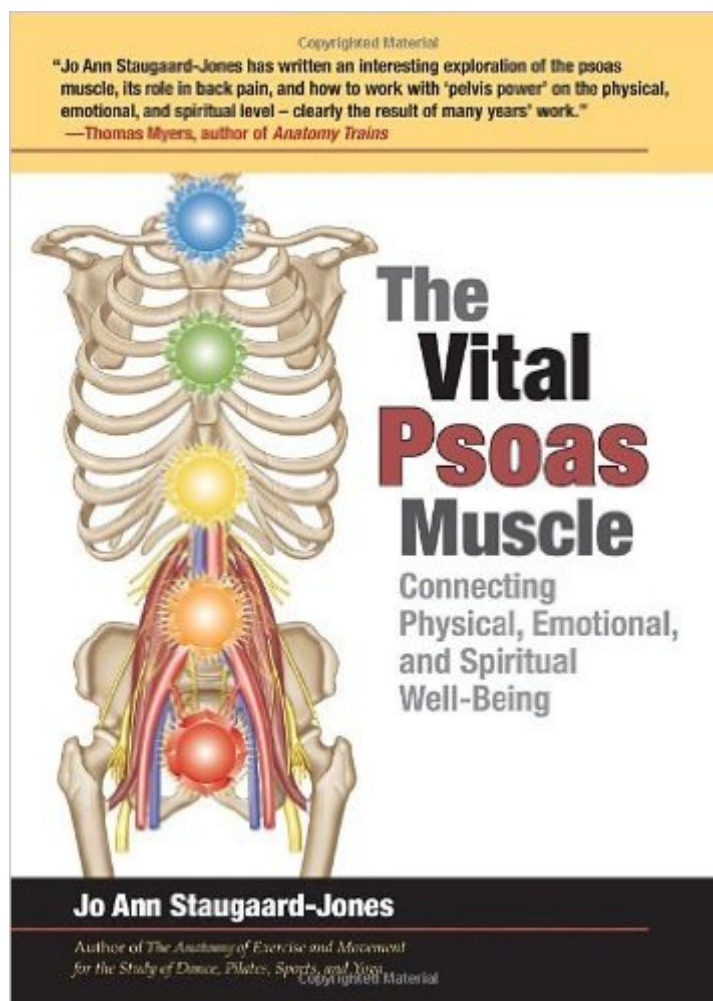


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# The Vital Psoas Muscle: Connecting Physical, Emotional, And Spiritual Well-Being



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

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.

I found this book a great help in understanding why one hip was hurting so badly: This book provided an understanding about the muscles that support our frame, how to strengthen and stretch to enhance health. I now can visualize and concentrate on using these muscles to support better posture. The hip no longer hurts and neither do my knees because of strengthening the core muscles and taking the weight off other parts of the body.

This is a fantastic, very informative book. It has added a great deal to my practice, especially with pregnant women. You will not regret purchasing this book! Even if you aren't a personal trainer, physical therapist, etc. it should be in your home library. And teach the children in your home or even if they've left the nest. Get it, you will be amazed.

I've been looking for something like The Vital Psoas Muscle for a long time. This well-written and clearly illustrated book is an informative, instructional, and insightful addition to all the anatomy books already out there. As a yoga teacher and pharmacist, I appreciate Jo Ann Staugaard-Jones's clear writing on the energetic and physical aspects of that pesky psoas that is truly so vital to our well-being.

Many great photos and movement illustrations. Introduces the psoas muscle covering various relationships including mobility anatomy kinesiology chakras integration to posture and surrounding musculature and nervous systems. Very concise, easy to read and reference specific sections. I appreciate this book as a healthcare professional and recommend it to professionals and anyone wanting to know more about the body, its functions and the care.

While the book is extremely informative and useful, the author insists on using 'slang' that is

unclear. For example, 'hiking' the hips. No clue what that means and 'sit backs' which might be child's pose. Trying to sort out such inanities is distracting and time wasting.

This book was ok. Not exactly what I was looking for. The first third was helpful to me, with physiological and anatomical descriptions and some useful exercises. The other two thirds were about yoga, Pilates, chakras and other new age stuff. It's good information if you're just learning about that type of stuff, but I've already got a good knowledge base of chi and chakras and other energies in the body. I was looking specifically for information on the psoas muscle group and surrounding muscle group in the \*physical\* body. Book arrived promptly and in new condition.

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