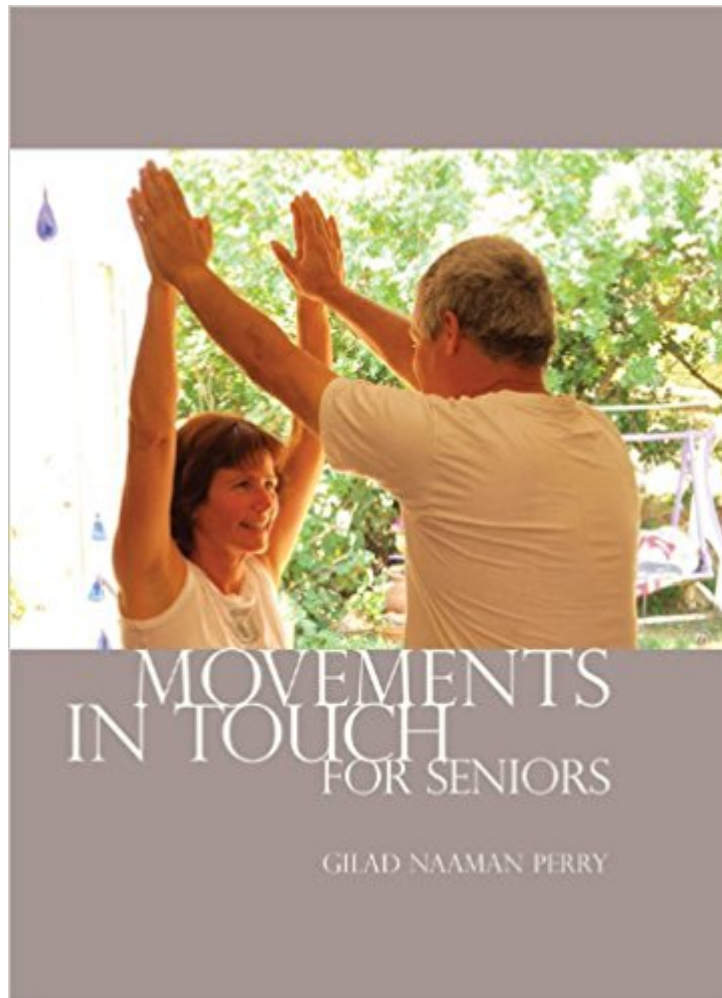




**Ebook Directory**  
the best source of ebook

The book was found

# Movements In Touch For Seniors



## Synopsis

The book, MOVEMENTS IN TOUCH FOR SENIORS, focuses on special movements that can be performed individually or in pairs for people to enjoy as they get older. The simple movements described in the book, MOVEMENTS IN TOUCH FOR SENIORS, can help release aching joints and muscles without the need for sophisticated devices, and at your own pace and schedule. The movements are designed for individuals and couples (spousal, grandparent-grandchild, friends, etc.). When performed in pairs, the movements build mutual understanding, moments of physical release and relaxation together. The book, MOVEMENTS IN TOUCH FOR SENIORS, offers a variety of simple releasing movements that can improve quality of life well into the senior years.

## Book Information

Paperback: 101 pages

Publisher: Austin Macauley Publishers Ltd; 1 edition (April 30, 2014)

Language: English

ISBN-10: 1849636095

ISBN-13: 978-1849636094

Product Dimensions: 6 x 0.4 x 7.9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,206,769 in Books (See Top 100 in Books) #81 in Books > Health, Fitness & Dieting > Aging > Exercise #197 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #587 in Books > Parenting & Relationships > Aging Parents

## Customer Reviews

Gilad Naaman Perry holds a Master of Education (M.Ed.) from the University of Leeds and specializes in communication through touch and movement as it relates to body and spirit. He lectures on topics of communication and the significant roles of touch and movement in the processes of forming bonds with others. Based on his studies and experience, Naaman designed movements that incorporate body relaxation founded on the positive releasing properties of touch.

[Download to continue reading...](#)

Movements In Touch For Seniors Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Diabetes Diet And Microwave Cookbook For Seniors Updated & Revised For 2016 Complete With Weight Loss Guide For Seniors Baby Boomers and

Seniors Free Yourself from Harm and Danger (Baby Boomers and Seniors - Free Yourself from Harm and Danger Book 1) MacOS Sierra for Seniors: The perfect computer book for people who want to work with MacOS Sierra (Computer Books for Seniors series) Literary Movements & Genres: Horror - L (Greenhaven Press Companion to Literary Movements and Genres) Touch for Health: A Practical Guide to Natural Health Using Acupressure Touch and Massage Baby Touch and Feel: Colors and Shapes (Baby Touch & Feel) Baby Touch and Feel: Wild Animals (Baby Touch & Feel) Baby Touch and Feel: Puppies and Kittens (Baby Touch & Feel) Bright Baby Touch & Feel Baby Animals: with Book and Puzzle Pieces (Bright Baby Touch and Feel) Bright Baby Touch & Feel Boxed Set: On the Farm, Baby Animals, At the Zoo and Perfect Pets (Bright Baby Touch and Feel) Baby Touch and Feel: Puppies (Baby Touch & Feel) Touch and Feel: Farm (Touch & Feel) Touch and Feel: Jungle Animals (Touch & Feel) Touch and Feel: Wild Animals (Touch & Feel) Touch and Feel: Puppy (Touch & Feel) Bunny and Friends Touch and Feel (Baby Touch and Feel) Baby Touch and Feel: Mealtime (Baby Touch & Feel) Baby Touch and Feel: Splish! Splash! (Baby Touch & Feel)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)