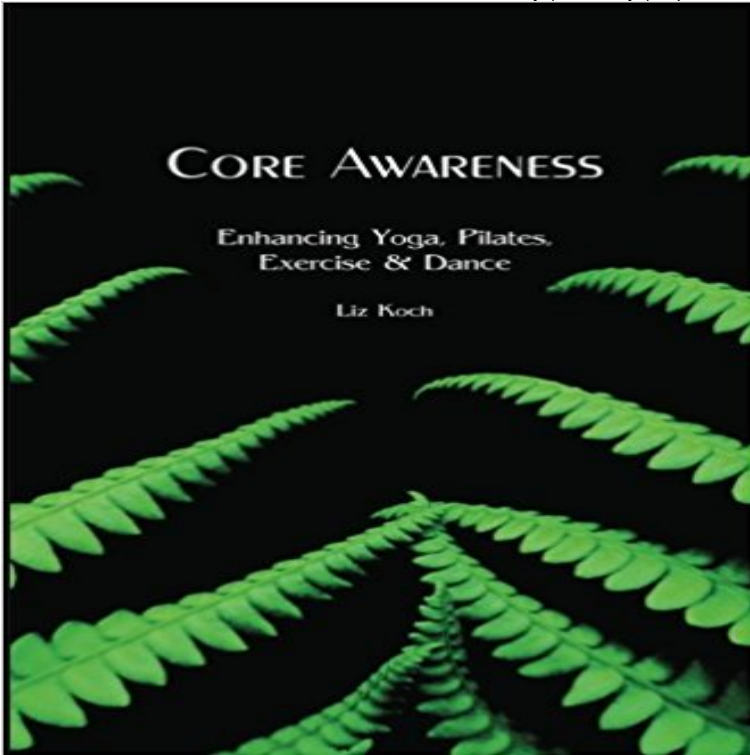


# Core Awareness: Enhancing Yoga, Pilates, Exercise & Dance



A 174 page perfect bound soft covered book explores somatic awareness as an active and essential element of movement education. Shifting the standard mechanical paradigm within the movement arts and fitness training to a wholistic perspective, Core Awareness: Enhancing Yoga, Pilates, Exercise & Dance focuses on cultivating awareness as the vital key for preventing injury while developing flexibility, increasing strength and cultivating resiliency. Includes self-help explorations for developing inner somatic awareness.

[CONTACT US](#)   [PRIVACY POLICY](#)   [RANDOM](#)   [Entrepreneurs Community](#)   Bringing real-world Entrepreneurs together.   [IDEAS](#)   [MARKETING](#)   [JOBS](#)   [MONEY](#)   [PERSONAL DEVELOPMENT](#)   [Direct Mail ? Your Mailbox is Off Limits!](#)   June 12, 2016   By admin   [Leave a Comment](#)   Your letter box is untouchable. You don't own it. The minute you put your letter drop before your home, it is represented by the standards of the mail station. What's more, in the event that you utilize it for anything besides postal business (and pay the expenses), you're searching for a fight. The following is an immediate quote from the USPS' Postal Bulletin (Issue 21861, [â€¦ \[Read more...\]](#))   [Direct Marketing ? Prospecting ? The Third Mailing is the Kicker](#)   March 13, 2016   By admin   [Leave a Comment](#)   [Direct Marketing ? Prospecting ? The Third Mailing is the Kicker](#)   Prospect mail programs need to assemble a notoriety for themselves to be viable. I generally suggest a progression of three mailings while prospecting through standard mail. The following are my reasons. How about we first accept, be that as it may, that you've planned a successful letter and/or leaflet. Mailing #1. A few prospects will hurl your mail naturally. Most, be that [â€¦ \[Read more...\]](#)   [Direct Marketing ? Do Not Laser Your Envelopes](#)   March 12, 2016   By admin   [Leave a Comment](#)   [Direct Marketing ? Do Not Laser Your Envelopes](#)   Envelopes that you gone through your laser printer look delightful when they first turn out. They appear as though they've gone through a battle region, however, when the letter achieves its last destination. Here's the reason: lasers use toner which is dropped onto the paper in little raised heaps and afterward gone through a fuser which warms the "heap" at around 400 degrees [â€¦ \[Read more...\]](#)   [Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals](#)   March 12, 2016   By admin   [Leave a Comment](#)   [Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals](#)   I just kept running into one of my cousins at our nearby bagel shop (breakfast is the best time and place to meet individuals and complete some early morning work). He's a podiatrist (foot specialist) and lets me know the best, best technique he's utilized so far to achieve new potential patients is through regular postal mail. He pursues a particular business sector portion [â€¦ \[Read more...\]](#)   [Direct Marketing Restaurants ? If I Were Running a Restaurant](#)   March 12, 2016   By admin   1 Comment   [Direct Marketing Restaurants ? If I Were Running a Restaurant](#)   On the off chance that I were running an eatery, I'd showcase my business through a few distinct roads. Notwithstanding the customary ? and essential ? neighborhood daily paper publicizing, I'd make a rundown of the living arrangements inside of a 6-piece range of my business. Everybody inside of strolling separation would get a month to month release reporting what I'm doing [â€¦ \[Read more...\]](#)   1 2 3 [â€¦ 7](#)   [Next Page](#)   [»](#)   [Search the site ...](#)   [SEARCH ADS](#)   [RECENT POSTS](#)   [Direct Mail ? Your Mailbox is Off Limits!](#)   [Direct Marketing ? Prospecting ? The Third Mailing is the Kicker](#)   [Direct Marketing ? Do Not Laser Your Envelopes](#)   [Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals](#)   [Direct Marketing Restaurants ? If I Were Running a Restaurant](#)   [RECENT COMMENTS](#)   Brad on 3 Tips

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