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Jonathan FitzGordon is the author of Psoas Release Party! published 2010), The Exercises of the Fitzgordon Method register; tour; Jonathan FitzGordon s

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I recently had the delightful experience of interviewing Jonathan Fitzgordon for the blog. Jonathan Core Walking Method (which is a your own Psoas Release

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Release Your Body From Chronic Pain and Discomfort I've attended Fitzgordon's Psoas Release Party in person Jonathan believes that walking is "a core

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Jonathan FitzGordon: Psoas Release Party! (LBP 018) Posted on September 30, 2014; by Brooke; in Interviews With Geniuses, Podcast; Jonathan FitzGordon, creator of the

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Core Walking Program Sciatic nerve pain relief begs for good posture and core tone This post is actually an excerpt from my book Psoas Release Party!

### **Psoas magic - soma happy**

He is the creator of the Core Walking Method the same name which can lead you through your own Psoas Release Party! the psoas have to do with chronic pain?

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