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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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5 stars. "This book is changing my life!" I have MS (for 24 years) and have suffered from muscle pain (in the leg and backside) for last 10. My Drs.figured it must be

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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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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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