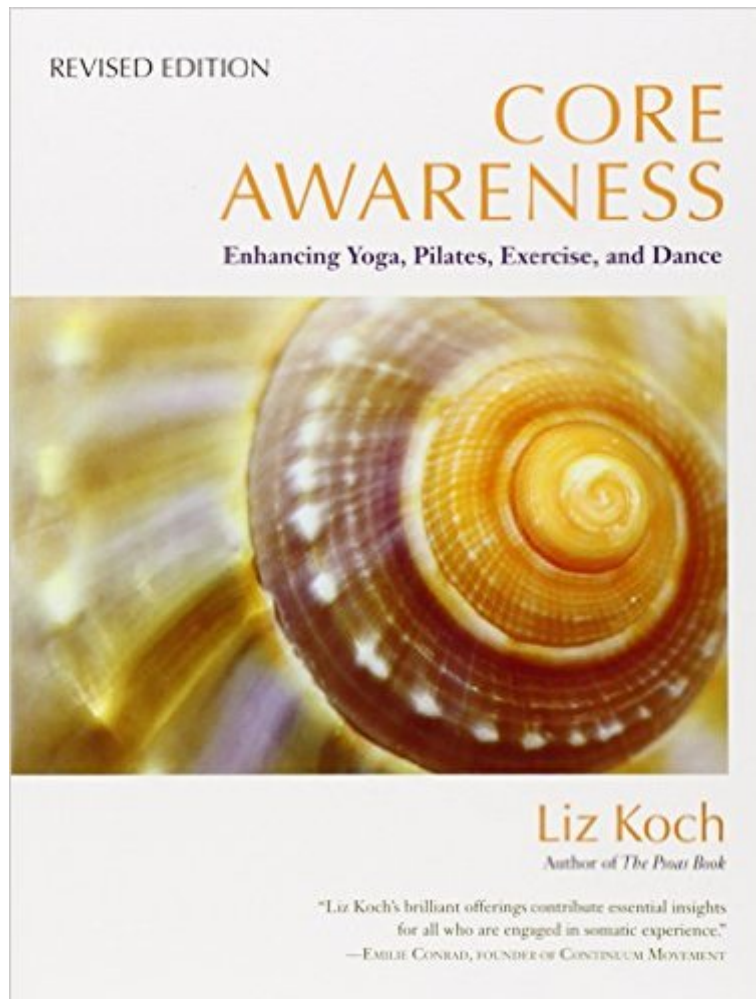


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# Core Awareness, Revised Edition: Enhancing Yoga, Pilates, Exercise, And Dance



## Synopsis

Core Awareness, Revised Edition: Enhancing Yoga, Pilates, Exercise, and Dance offers a guide to Core Awareness, a body-oriented approach that explores the practice of bringing focus and attention to inner sensation as the means of cultivating an innate capacity for expressive movement. Developed by somatic educator and author Liz Koch, the book's Core Awareness movements, stretches, and mindfulness explorations are designed to enhance sensory development and shift readers from the standard paradigm of the body as an "isolated object" to a holistic paradigm of the human being as part of a living process of dynamic expression. This shift in perspective offers practitioners and teachers of movement, yoga, pilates, bodywork, exercise, and dance an empowering model for self-healing and the key to increasing strength, gaining flexibility, preventing injury, and improving resiliency. Describing the practice of moving from one's core, Koch highlights the importance of engaging the psoas muscle "located on either side of the spine" to integrate the body, mind, emotion, and spirit. Koch also discusses the pelvis as the foundation of our physical core and the vital connection with our bones to gain a sense of support, nourishment, joint integrity, skeletal balance, and healthy muscle tone. Rewritten with updated information, this revised edition includes 247 new photos and 25 new Core Awareness explorations with 64 in total. A suggested reading list at the end of the book provides resources for continuing the development of the ideas presented within the book.

## Book Information

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## Customer Reviews

This book is so great that I am showing women at the gym how important the Psoas Muscle is to the body, the emotions, and staying limber. The information Liz Koch presents is extremely worthwhile knowing. I have found that working out can make my body tight and less limber. What I do, for example, work upper body like shoulders and arms and chest then I go to the mat and work the upper Psoas muscle. When I do squats and work the lower body and get tightness or pain in lower back and buttocks. I go to the mat and work the lower Psoas in my body. If you like to body build this book is a way of staying limber and having less soreness. Also, I have learned that when the Psoas muscle shrinks, fatigues or dries out, there is the strong possibility how we may have lots of back pain and how the upper back can become rounded. I am impressed with the knowledge I have gained from this book.

I have the original edition of this book and am SO pleased to see it offered in the kindle store! I have been a Pilates teacher since 2003 and a yoga teacher since 2011, and I have found this book to be invaluable. It has helped me recognize a deeper level of movement patterning in clients and a depth of connection in my own body that allows me to fearlessly teach integrated alignment to my students. If you've read the Psoas Book, this is a deeper look at the emotional and physical connection of the torso to the mind and rest of the body. I highly recommend.

This is an easy read, but I will go back to it over and over again for reference. Koch gives good explanations of how the psoas is related to other body systems and functional movement problems. "Awareness" is probably the most important word in the book. As a yoga instructor I work to help students make that mind-body connection, and awareness is a huge part of that. In Part II of the book, Koch provides good explanations and photos of movements that: wake up the core, lengthen the psoas, center & balance the pelvis (and leg muscles), and explore the joints. The final chapter pulls it all together with movements that deepen core awareness --- but be sure to read & do the previous chapters first! Koch has provided information and movement that can easily be incorporated into teaching many types of body movement. -- Linda J., RYT200, RYT500

i would suggest that the book had more photos about the muscles and /or the body itself. It only makes sense to me, since the book is about the psoas and the location/function etc and includes other muscles and parts of the body. other than that the book is very useful, i love it!

This is an amazing book to make you aware of how your body functions and how to move with

much more ease. Liz Koch writes well and is easily understandable. A lightbulb will go off for you and you will notice you are standing taller within a short time. The comfort level you feel in your body will exceed your expectations. I highly recommend anyone with any soreness in their body read this book to understand how the psoas is the "messenger of the midline". You will become very mindful of your core.

Couldn't put it down. the more I am exposed to this mode of movement therapy, the more sense it makes. If you're on the fence, have tried somatics, and awakening to the core and aren't sure. Keep coming back. Keep trying. It's away of feeling, and some of us have spent a lifetime shutting off our feelers inside and out. It's a protective mechanism to not feel, it can take time to recollect our livelihood and potential for the possible. If you say you can, or you say you can not-either way you will (poorly quoted Thomas Edison). Just do.

I enjoyed the book but I found the first 1/2 quite repetitive. I admire the teacher who wrote the review and is finding it really good to incorporate the psoas explorations into her classes. The explorations are the conditioning and I do get that. Check out Liz Kochs video on U-Tube.

Great description of the importance of the psoas, literally "central" to all movement, standing upright and emotional center. I found the exercise descriptions a bit difficult to implement, would love to attend one of her workshops to get guidance. The psoas is so overlooked and unaddressed in the medical field. My goal is to develop a better care program for mine.

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