

ELIMINATE BACK PAIN AND PREVENT INJURY BY REBUILDING YOUR INNER SELF

BREATHWORKS

FOR
YOUR
BACK

STRENGTHENING

YOUR BACK

FROM THE

INSIDE OUT

NANCY SWAYZEE, M.E.S., C.H.F.I.

Breathworks For Your Back

Vidyamala Burch, Danny Penman



Breathworks For Your Back:

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