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## Starrpower Restorative Pilates for Cancer Survivors: Taking Back Your Physical Power One Muscle at a Time! (Paperback)

By Starr Carson Cleary Mft

Booksurge Publishing, United States, 2010. Paperback. Condition: New. Pene Willis (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The restorative movement program has been designed to provide a comprehensive and progressive therapeutic recovery program, for every participant. This book is divided into four diverse sections: Adaptive/Beginner, Intermediate, Challenge and - a special Lymphedema Segment: StarrPower Restorative Pilates for Cancer Survivors benefits: \*Helps to dissipate scar tissue through gentle stretching \*Restores and maintain range of motion, .Increases strength and flexibility to involved areas of the body. \*Elevates endorphin levels: relieve tension, depression, weakness, and fatigue. \*Restores upright posture after surgery .Relieves stiffness in neck, back, chest (tightness etc) .Improves sleep patterns Improves energy levels \*Relaxes the body and calms the mind . \*Improves appearance and confidence Participants are encouraged to use each segment for at least 10 consecutive weeks, before advancing to the next level.



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### Reviews

*This written book is excellent. It really is rally fascinating through studying period. You are going to like the way the writer write this publication.*  
-- **Hadley Ullrich**

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