



Liebenson's Functional Training DVDs and Handbook

By Craig Liebenson DC

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- ***Core Stability Training DVD*** focuses on quality of movement to enhance performance and avoid injuries. Derived from Yoga, Tai Chi, and Pilates, core stability training focuses on the importance of the body's form during a workout. It also covers common health club mistakes and shows you Dr. Liebenson's version of popular methods from leading experts from Europe and North America.
- ***Flexibility, Yoga Training, and Ergonomic Postural Advice DVD*** demonstrates exactly how to achieve correct, diaphragmatic breathing, perfect posture, and overcome work-related stress resulting from extended sitting.
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