

Natural Posture For Pain-Free Living: The Practice Of Mindful Alignment By Kathleen Porter

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Kathleen Porter is the author of Natural Posture for Pain-Free Living: The Practice of Mindful Alignment 3 The Open Secret to Pain-Free Living

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Nov 06, 2013 Kathleen Porter is a longtime movement educator and author dedicated to sharing revolutionary insights about skeletal alignment Kathleen Porter is

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Kathleen porter - yoga teacher in portland

Teacher of natural alignment. Author of Natural Posture for Pain-Free-Living: The Practice of Mindful Alignment (published by Inner Traditions/Healing Arts Press).

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