



I'm not a robot

































My new book is out! It's called Apply at The Soma Institute to jumpstart a new Rejuvenate from your long day with this Relaxing those tight calves and Achilles tendons! Full video up now! Click on the related video to watch more hello dear ,how are you???first up all a huge thanks for join me...really it's very grateful for me that you always appreciate myÂ ... Pain in the muscles along the medial tibial border can occur with There's a lot to know when working with runner's. But one thing is for certain, if you keep them running, they will keep coming backÂ ... Today Edgar will be showcasing a few easy stretch An educational video to demonstrate Here is a partner stretch option for the glutes and piriformis muscle that can helps relieve Today's video shows a piriformis muscle mobilization/