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Systema Health: 25 Practises for a Lifetime of Health, Fitness and Wellbeing

Matt Hill

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Systema Health

25 Practises for a lifetime of Health, Fitness and Wellbeing

25 easy to understand and apply practises, for a lifetime of health, mobility, fitness and well-being.

The purpose of this book, is to provide a guide for students and teachers, to enhance their training and teaching.

It provides 25 health practises to improve your breathing, relaxation, overall movement and posture, to enhance and compliment your study of Systema.

If you do not practise Systema, it will simply improve your physical health and feeling of wellbeing.

For teachers there are 25 easy to understand practises that you can deliver, develop and adapt to your classes. Tips are provided to show how they can easily be developed, to give birth to many more practises, creating an endless source of inspiration and variety.

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