



Kentro Body Balance: The Secret Pleasures of Posture

Angelika Thusius



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The *Kentro Body Balance* method reveals a radical, delightful secret: nature designed us to be supple and strong into our old age. This new and innovative approach to the body shines a soulful light on posture and movement. By practicing the remarkably simple Kentro centering movements while you sit at the computer, drive a car, or plant your garden, the activity itself stretches, relaxes, exercises, and tones your muscles. With the Kentro program, you do not have to “correct” your posture or push your body into fitness. Your daily actions will let your body reshape into your own unique, powerful expression.



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