

The Art Of Slowing Down By Edward Yu

By Edward Yu

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Edward Yu is the author of The Art of Slowing Down (3.20 avg rating, 5 ratings, 2 reviews, published 2010)

Edward Yu. Edward Yu is a Certified Feldenkrais Practitioner, former competitive runner, triathlete, and Bagua & Taichi teacher. He is the author of the book 'The

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My apologies. Some great stuff from Feldenkrais Practitioner, runner and triathlete Edward Yu. Notice how Edward is not only engaging,

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Edward Yu is a Feldenkrais Practitioner sm and former triathlete, currently specializing in bagua, He is the author of The Art of Slowing Down:

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Edward Yu, Certified Feldenkrais Practitioner, Taichi instructor and author of The Art of Slowing Down, Los Angeles, CA

ASD founder, Edward Yu, with Terrence Mahon, Head Coach of the Mammoth Track Club whose members include several current and former members of the US Olympic Track Team

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A RESILIENT SPINE. Edward Yu Edward has been consulted by and trained all sorts of athletes in the Art of Slowing Down method including the U.S. Olympic track

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Edward Yu, GCFP teaches Bagua, Taichi, Radically Transformative Fitness, Art of Slowing Down to Speed Up (running classes where you don t run) and Feldenkrais

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The blog is an attempt to uncover how we learn, or put another way, how we unconsciously block ourselves from learning. We all share something in common with great

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