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Professional Retail Display

"I've waited 25 years for a stretching guide like **Essential Stretches (you'll actually use)**. The clear, concise explanations, the quality of the pictures and the informational guides in the book make it a perfect guide for my clients. My clients can use it on their own or I can easily mix and match stretches based on an individual's needs. **This guide is a perfect addition to our retail offerings and invaluable for every client I see."**

-Sandra Dirks, Master Instructor  
Bonnie Prudden Myotherapy®  
Spa Coordinator, Winding Stream Spa



John Gifford has performed over 30,000 sessions of hands-on therapy, including sports massage and a specialized form of bodywork called Bonnie Prudden Myotherapy® and Exercise Therapy. In addition to providing bodywork therapies, he speaks to companies, conventions and health professionals, teaching ESSENTIAL STRETCHES and related programs to help people excel well.™ The mission of his company, Motionwise®, is to empower people to lead more active, successful, and fulfilling lives through the reduction and prevention of muscular pain and tension.



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**Professional's Index Reference**

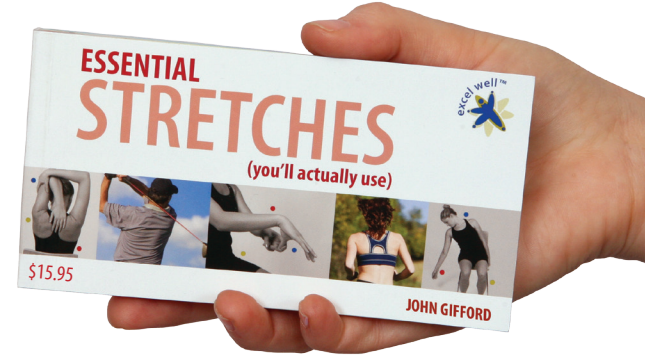
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