



The East/West Exercise Book

David Miln Smith

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Body building, weight training, isometrics, and isotonics produce muscles, tone, and sometimes strength, but rarely do they produce flexibility or endurance. Hatha Yoga is well rounded promoting flexibility, balance, and stimulation of internal organs and glands - but without spending much time practicing advanced postures and breathing techniques, there is little strength or endurance. Endurance training produces strength, stamina, and grounding but little for specific internal stimulation and flexibility. T'ai Chi, Kung Fu and mime help develop grounding, centering, flexibility, balance, and coordination, but do little for endurance. But when you combine and compliment these different exercises and approaches - as is done in this book - you have a well-rounded fitness program. The East/West exercise program is designed to help you in every area: strength, stamina, coordination, flexibility, balance, relaxation, breathing, grounding, centering, and health.

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