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Core Movement Integration: Introducing Six Pathways to Lifelong Fitness and Wellness

by **Kimi Hasegawa, MS, LPT**

“This booklet introduces a mindful, integrative and comprehensive movement education and exercise system. Included are instructions in Core Movement Integration’s six Movement Pathways, as well as short essays and movement lessons that explain their underlying concepts.” Kimi Hasegawa, MS, LPT

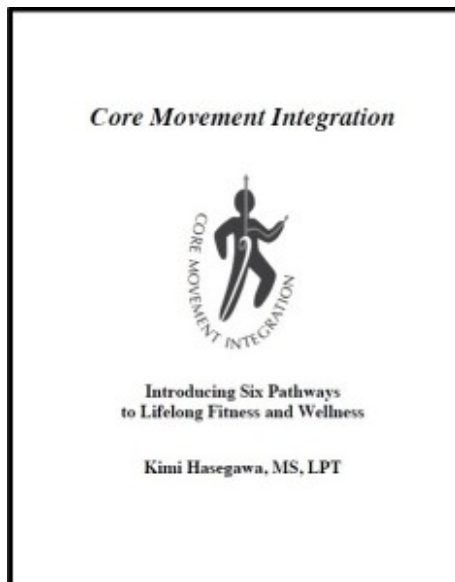


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