



# The Natural Method: Fundamental Exercises (Volume 2)

*Georges Hebert*

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## **The Natural Method: Fundamental Exercises (Volume 2)** Georges Hebert

Foundation for good movement is necessary. In this installment, Hébert walks us through all the exercises relating to arm, leg, trunk, hopping, support, suspension and breathing, and later weaves the use of equipment into all those layers. A must for anyone, in any activity.

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