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force applied to the body must be held just beyond a feeling of pain and needs to be held for at least ten Blakey, W P. Stretching Without Pain. Canada:

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Answers to these questions and much more are found in The Muscle Book The Muscle Book Paul Blakey. author of Stretching Without Pain, Paul Blakey now

## **Paul blakey (author of the muscle book) -**

Paul Blakey is the author of The Muscle Book (3.86 avg rating, 21 ratings, 0 reviews, published 1992), Stretching Without Pain (3.50 avg rating, 2 rating

## **W. blakey | zoominfo.com**

Paul Blakey is a retired osteopath, published author, and director of Twin Eagles Publishing. Stretching without Pain, W. Paul Blakey, LCSP (DO),

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W Paul Blakey is a British trained osteopath and former professional dancer. He is the author of the popular anatomy book, The Muscle Book. His practical knowledge as

### **The muscle book by paul blakey: himalayan**

About the Author; A former international ballet dancer and author of Stretching Without Pain, Paul Blakey now practices osteopathy and lives in Canada.

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### **Paul blakey | zoominfo.com**

Paul has had more than twenty years experience practicing and teaching Qigong. He is the author of The Muscle Book and Stretching Without Pain, both volumes based on

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Blakey, W P. Stretching Without Pain. Canada: Twin Eagles Educational & Healing Institute, 1994. Print. Como W. Raoul Gelabert's anatomy for the dancer with exercises

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About the Author: A former international ballet dancer and author of Stretching Without Pain, Paul Blakey now

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