

Alignment Matters: The First Five Years Of Katy Says

By Katy Bowman

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Alignment Matters is a collection of five years of 'katy says' blog posts. Katy Says is the blog of biomechanical scientist Katy Bowman and is about biomechanics

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This week we have the pleasure of hearing from Katy Bowman. In her own words: Alignment Matters: The First Five Years of Katy Says Her name is Katy Bowman. Katy,

Katy bowman | breaking muscle

Katy Bowman, M.S. has earned an Katy is the founder and director of the Restorative Exercise (2011), Alignment Matters: The First Five Years of Katy Says

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