


From Conception to Crawling; Foundations for Developmental Movement

By Annie Brook

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This book is a valuable tool for movement educators, parents, and therapists. It guides readers through a progression of patterns and reflexes that shape sensory motor learning. In conjunction with a three-video set (available at Annie Brook's website) the book provides detailed instructions and explanations of each exercise and its role in re-patterning birth and infant trauma, and enhancing integration and connection to the body.

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