

Much anticipated *Flexibility First A Fitness Approach for Life* by Marjorie Brook hits the presses.

Brook Seminars is proud to announce the launch of two new innovative series of Stretching Manuals.

Long Island, NY July 15, 2011 Brook Seminars is proud to announce the long awaited release of the *Flexibility First A Fitness Approach for Life* series. *Flexibility First* is written by international educator and founder of Brook Seminars, Marjorie Brook. In these two comprehensive sets of manuals, Marjorie shares what her years of experience have enabled her to learn and refine into the latest most effective stretching and strengthening techniques. The Professional series is designed for bodywork professionals and therapists of all levels of experience while the Personal series provides instruction for the individual. The manuals are incredibly user friendly with great illustrations and comprehensive instructions that clearly lead the reader through step by step instructions on how to achieve the best results for their clients and for themselves. Marjorie also gives specific instructions to ensure proper body mechanics are utilized, preventing injuries, and also provides hints that increase efficacy of treatment techniques.

"Stretching is essential to achieving and maintaining balance in the body." said Marjorie Brook, founder of Brook Seminars. "However, people will not stretch because they find it too difficult or time consuming. The goal was to create a body of work that would provide the easiest, most complete set of information needed to facilitate one's own well-being."

A must read for anyone who is interested in achieving and maintaining the ultimate state of health and flexibility.

Previews of both series are offered via a free 12 week e-mail subscription. Available at, www.flexibilityguides.com and www.pro.flexibilityguides.com.

About Marjorie Brook:

International Educator Marjorie Brook is a Licensed Massage Therapist and an Advanced Active Isolated Stretching Practitioner. She developed F.A.S.T. Tissue Release Method, a unique program that approaches the multi faceted matrix of fascia three dimensionally to reduce pain, and physical scarring by freeing restricted tissues. She teaches her techniques throughout the U.S. and Europe, offering continuing education courses in F.A.S.T. Release Method, F.A.S.T. Therapy with (AIS), and Body Mechanics through her company www.brookseminars.com. Marjorie's private practice, www.akneadedbreak.com, caters to a wide clientele of healthy and special needs adults and children.

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