



# Movements in Touch for Seniors

*Gilad Naaman Perry*

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## **Movements in Touch for Seniors** Gilad Naaman Perry

The book, MOVEMENTS IN TOUCH FOR SENIORS, focuses on special movements that can be performed individually or in pairs for people to enjoy as they get older. The simple movements described in the book, MOVEMENTS IN TOUCH FOR SENIORS, can help release aching joints and muscles without the need for sophisticated devices, and at your own pace and schedule. The movements are designed for individuals and couples (spousal, grandparent-grandchild, friends, etc.). When performed in pairs, the movements build mutual understanding, moments of physical release and relaxation together. The book, MOVEMENTS IN TOUCH FOR SENIORS, offers a variety of simple releasing movements that can improve quality of life well into the senior years. Gilad Naaman Perry holds a Master of Education (M.Ed.) from the University of Leeds and specializes in communication through touch and movement as it relates to body and spirit. He lectures on topics of communication and the significant roles of touch and movement in the processes of forming bonds with others. Based on his studies and experience, Naaman designed movements that incorporate body relaxation founded on the positive releasing properties of touch.

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