

Combo Contemplative Movement for Mindbody

Combo Contemplative Movement (CCM) is a mind-body practice that combines elements of contemplative movement, martial arts, and dance. CCM is designed to help people improve their physical, mental, and emotional health. CCM classes are typically taught by a certified teacher who has been trained in both contemplative movement and martial arts.



CoMBo -- Contemplative Movement for MindBody: Health and Integration through Contemplative

Movement by Michelle Marko

★★★★☆ 4.2 out of 5

Language : English
Hardcover : 276 pages
Item Weight : 13 ounces
Dimensions : 5.79 x 0.79 x 8.82 inches
File size : 40939 KB
Print length : 89 pages
Lending : Enabled
Screen Reader : Supported



Benefits of CCM

- Improved physical health
- Increased strength and flexibility
- Improved balance and coordination
- Reduced pain and tension

- Improved sleep quality
- Reduced stress and anxiety
- Increased self-awareness and body awareness
- Improved emotional regulation
- Increased creativity and imagination
- Greater sense of purpose and meaning

How CCM Works

CCM is a holistic practice that works on the physical, mental, and emotional levels. CCM classes typically begin with a warm-up that includes gentle stretching and breathing exercises. The warm-up is followed by a series of movements that are designed to improve strength, flexibility, balance, and coordination. These movements are often performed in a slow and deliberate manner, with an emphasis on mindfulness and body awareness. The class may also include elements of martial arts, such as self-defense techniques and kata (forms). The class ends with a cool-down period that includes relaxation and meditation.

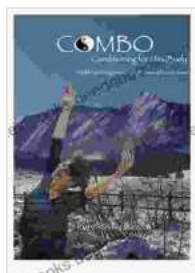
Who Can Benefit from CCM

CCM is suitable for people of all ages and fitness levels. CCM is especially beneficial for people who are looking to improve their physical health, reduce stress and anxiety, or increase their self-awareness and body awareness. CCM can also be beneficial for people who are recovering from injuries or chronic pain.

How to Find a CCM Class

CCM classes are offered at a variety of locations, including yoga studios, martial arts studios, and community centers. You can find a CCM class near you by searching online or asking your doctor or physical therapist for a recommendation.

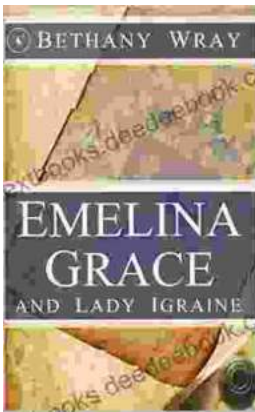
CCM is a mind-body practice that can provide a variety of benefits for your physical, mental, and emotional health. If you are looking for a way to improve your overall well-being, CCM is a great option to consider.



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