

# MASTERING BODY MECHANICS

2ND EDITION

A VISUAL GUIDE FOR BODYWORKERS  
INCORPORATING THE MIND-BODY CONNECTION



BY MARTY MORALES, CERTIFIED ROLFER™  
FOUNDER OF THE MORALES METHOD™

# Mastering Body Mechanics 2nd Edition Incorporating The Mind Body Connection

**Xiaolong Qi**



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web step 7 launch the rocket once the desired amount of gas is put into the rocket carefully put the rocket over top of the ignition apparatus make sure that there is still a small amount of water in the bottom to act as a propellant make sure the way is clear do a count down and spark the rocket

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web jul 8 2012 i am going over two of the pre lab questions and one of the post lab questions i also introduce the ice box which is a useful tool for stoichiometry especially when you need to figure out what is left over at the end of a reaction