

Thai Massage Sacred Body Work

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thai massage sacred bodywork is a complete guide to an ancient practice that benefits body mind and spirit interest in thai massage has been growing rapidly this is no surprise given its unique multifaceted approach to the body thai massage combines acupressure stretching reflexology assisted yoga postures herbal compresses prayer and meditation it benefits everyone sometimes called the lazy person s yoga thai massage stretches and relaxes the muscles increases the joints range of motion and balances energy flow throughout the body thai massage sacred bodywork provides fully illustrated step by step instructions which enable the reader to use this integrative and interactive therapy with a partner at home or with a client the book explains the historical and philosophical background of thai massage as well as its religious origins throughout the book ananda always reminds us of the deeper meaning of this sacred modality compassion in action a must for all those interested in the healing arts

the 3rd ed of this text gives you everything you need to learn and apply the basic principles of massage therapy with ease it contains a dvd that brings techniques and procedures to life complete coverage of the latest emerging therapy options and target groups and new materials to help prepare for exams

meredith gaston masnata s delightful words and illustrations inspire us to find our inner sparkle and embrace a truly meaningful magical life

from a leading harvard expert on stress comes a book now in paperback that gives women permission to take care of themselves in a world of overwhelming demands readers will also find the tools they need to reclaim their capacity for inner peace

the burgeoning popularity of alternative medicine has created a growing need for professionally trained practitioners this indispensable guide for prospective students is packed with resources schools and other educational opportunities in areas from chinese medicine and massage therapy to chiropractic and applied kinesiology

contacting the healing power of the chakras and honouring african spirituality the chakras are very powerful wheels of energy that are present within the body they are vital to our health and well being and many healing and bodywork traditions such as yoga are based around them psychics can often diagnose the health of each chakra through clairvoyant sight this ancient energy system is often thought to have emerged from the yogic traditons of india but in opening to spirit caroline arewa explores importance of the chakras to the ancient africans and egyptians and explores the common root of many of our spiritual traditons through the mythology of ancient egypt early india and west africa the author draws on ancient egyptian and african spirituality to create a powerful and accessible way of working with the chakras by tapping into their healing energy we can learn how to use them for our personal growth and spiritual development this groundbreaking workbook will allow the people to approach the chakras in a far more complete way and to understand how to access them for everyday use this book reveals the ancient mysteries of the aura and chakras introduces african deities including those of creation truth sensuality describes techniques for healing and balancing the chakras shows how the chakras can be gateways for healing and self discovery

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