



massage corps esprit

By Abrassart, Jean-Louis

TREDANIEL, 2016. Paperback. Condition: NEUF. Le massage est bénéfique pour l'esprit autant que pour le corps. Il élimine le stress, réveille la sensibilité, soulage les douleurs, régénère la vitalité et vous réconcilie avec vous-même pour une vie et des relations plus harmonieuses. Un guide complet et progressif d'apprentissage du massage qui associe des grands mouvements de détente unifiant le corps, des manoeuvres plus spécifiques pour relâcher chaque partie du corps et des techniques pour rééquilibrer les énergies. Illustré de près de 600 photos qui détaillent la pratique de chaque mouvement, permettant à chacun, sans connaissance préalable, de débiter et de se perfectionner dans l'art du massage pour retrouver un toucher qui fait du bien. Techniques énergétiques et explication psychosomatique des tensions corporelles pour parvenir à une nouvelle perception de son corps et de sa vie. Plus de 100 mouvements décrits pour varier votre massage et l'adapter à votre partenaire. - Nombre de page(s) : 416 - Poids : 1432g - Genre : Médecines naturelles et parallèles.



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