

Healing with Touch: Massage, Shiatsu, Reflexology and Reiki

Filesize: 3.53 MB

Reviews

The very best publication i at any time study. It really is basic but shocks inside the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book. (Marlin Swift)

HEALING WITH TOUCH: MASSAGE, SHIATSU, REFLEXOLOGY AND REIKI



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Healing with Touch: Massage, Shiatsu, Reflexology and Reiki, Raje Airey, This is a concise guide to the therapeutic power of hands, shown in over 170 practical photographs. You can learn how to react positively to stress and illness with therapeutic self-massage techniques. You can use shiatsu and reflexology to strengthen your immune system and improve your sense of wellbeing. It clearly explains how to use the ancient therapy of reiki to channel beneficial energy throughout the body. It suggests effective treatments for backaches, headaches and muscle pain, as well as ways of improving circulation, relieving tension and improving sleep. Touch is a basic and natural human instinct, and this book shows just a few of the ways we can benefit from the therapeutic power of hands. It includes an introduction to four well-known therapies - reiki, reflexology, massage and shiatsu - and demonstrates how easy it is to incorporate these techniques into your daily routine. Simple sequences show you how to relieve many common aches and pains that are caused by our lifestyles, whether it is sitting awkwardly at your desk, spending too long on your feet, or feeling the effects of stress and worry in your body.Following the simple techniques in this book will soothe discomfort, lift your spirits and restore your energy.

Read Healing with Touch: Massage, Shiatsu, Reflexology and Reiki Online
Download PDF Healing with Touch: Massage, Shiatsu, Reflexology and Reiki

See Also

Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video... Read Book »

لـــ

Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet 14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. Have you ever told a little white lie? Or maybe a... Read Book »

ſ	
	E

The Well-Trained Mind: A Guide to Classical Education at Home (Hardback) WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to... Read Book »

1		
	=	
	=]	

The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback Book Condition: Brand New. Book Condition: Brand New. Read Book »

٢	
L	
L	=

Traffic Massacre: Learn How to Drive Multiple Streams of Targeted Traffic to Your Website, Amazon Store, Auction, Blog, Newsletter or Squeeze Page

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.3 Free Bonus Books Included! Attention: Online business owners. quot;Finally!...

Read Book »