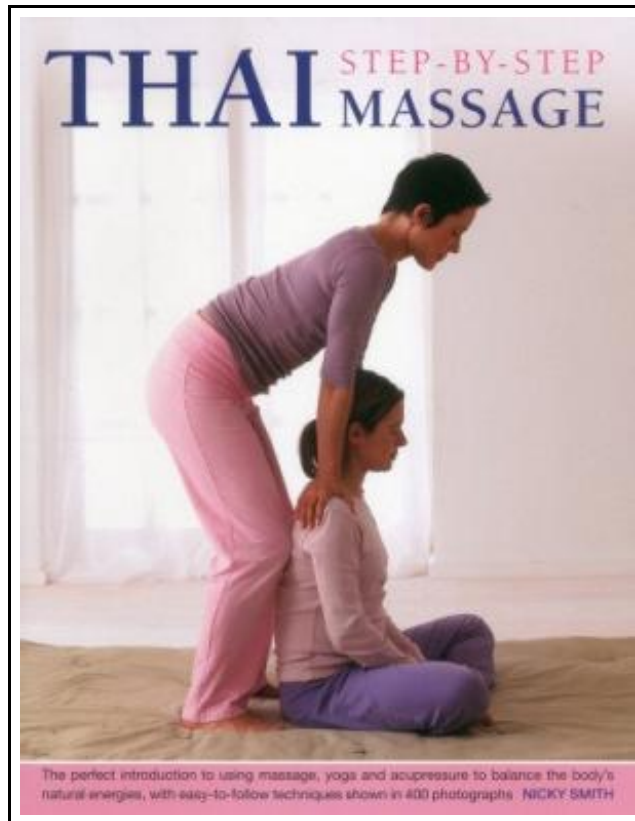


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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Thai Step-by-step Massage: the Perfect Introduction to Using Massage, Yoga and Accupressure to Balance the Body's Natural Energies, with Easy-to-follow Techniques Shown in 400 Photographs, Nicky Smith, This is the perfect introduction to using massage, yoga and acupressure to balance the body's natural energies, with easy-to-follow techniques shown in 400 photographs. It is a unique approach to unlocking your inner energy using a combination of yoga stretches and pressure-point work. You can gain greater awareness of your body and mind, to improve your physical health and find a new spiritual stillness and strength. It includes a complete body routine to follow for a total in-depth treatment, plus shorter routines to concentrate on specific areas of the body. It features bodywork specially devised for pregnant women and older people. It provides bodywork to ease everyday complaints such as headaches and an aching back. All techniques are illustrated with step-by-step photographs, with more than 400 photographs in total. This powerful form of body work uses the body's own energy lines, combining gentle yoga stretches with massage techniques and also introducing elements of other popular healing approaches, including acupressure and reflexology. The book begins by outlining this ancient healing therapy, its origins and objectives, and then explains and demonstrates the elements and requirements of a typical session. The core of the book is a comprehensive full body treatment, working through each area of the body sequentially. With over 400 specially taken photographs, this is the perfect guide to the subject, providing absorbing background information and clearly illustrated step-by-step routines.

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