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## Tuina massage techniques pdf

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Manipulation is the main means of massage treatment, and its proficiency and how to properly use manipulation have a direct impact on the therapeutic effect. Tui Na is one of the oldest hands-on therapies that exist today and is used by one-fifth of the world's population. The author describes the roots and development of Regulation by Opening and Activating Sinews, Stabilizing Spasms, Releasing Wind at Head Along with Upper Blocks. This guide will contain all of the instructions you will need to complete this course Hands on Tui-Na Techniques. The text is well-illustrated with clear photographs. Tuina-massage methods include a range of various techniques, such as soft tissue massage (muscles and tendons), acupressure to directly influence the flow of Qi, and Tuina manipulation. Using the hand or other parts of the body, according to a variety of specific skill movements, the method of operating on the body surface is called TUINA. I) Tui na: The Chinese Massage Manual is a comprehensive and well established handbook for students and practitioners of Tui na in the West. This is a natural therapy with no side-effects and no interference with the body. For example, Yi-zhi-chan and Dian-fa are used for Tui Na is one of the oldest hands-on therapies that exist today and is used by one-fifth of the world's population. The massage techniques are typically performed through clothing course designed to introduce you to Tui Na massage and its related theories. Sedation Most techniques are considered sedating when done with strong stimulation of short duration and low frequency. This is a natural therapy with no side-effects and no interference. Background: Tuina massage is a traditional method used effectively in the treatment of various ailments in China since ancient time, and currently it is used around the world. Tui na: The Chinese Massage Manual provides a clear and complete introduction to the principles and practice of Tui na.

 Difficulté Facile

 Durée 444 minute(s)

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 Coût 454 USD (\$)

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Étape 1 -

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