



El toque Sanador

Alice Burmeister, Tom Monte

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El Jin Shin Jyutsu es una antigua tecnica japonesa que usa los dedos de las manos y la respiracion para equilibrar la energia corporal, eliminar el estres, regular la tension emocional, paliar el dolor y coadyuvar en el tratamiento de las enfermedades cronicas. Esta guia explica con claridad y precision todos los elementos necesarios para practicar el Jin Shin Jyutsu con uno mismo o con los demas y muestra decenas de ejercicios y tecnicas para aplicar en dolencias especificas. / The Touch of Healing offers readers the means to greater health, vitality, and self-understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jyutsu. Gentle touching similar to acupressure is used to release tension that accumulates and is at the root of dysfunction, disease, and imbalance.

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