



## NUAD THAI: MASAJE TRADICIONAL TAILANDES

By CHIA, MANEEWAN; CHIA, MAX

GAIA EDICIONES, GAIA EDICIONES, 2008. Rústica (Tapa blanda). Book Condition: Nuevo. Dust Jacket Condition: Nuevo. El masaje tradicional tailandés se practica desde hace más de mil años en Tailandia, aunque actualmente se ha introducido sólidamente en Occidente debido a su destacada eficacia frente al estrés, la tensión y numerosas dolencias físicas. Fruto del cruce de la influencia de India y China en aquél país, el masaje tradicional tailandés actúa sobre el flujo energético a lo largo de líneas o canales, llamados sen, y -de manera similar a la reflexología y al stretching- es para los especialistas una excelente ayuda frente al tratamiento de múltiples enfermedades. La presente obra, además de ser una excepcional introducción para ejercitarse en el masaje tradicional tailandés, muestra de modo práctico cómo el trabajo sobre los puntos de energía en los canales alivia los bloqueos y desequilibrios energéticos para conseguir que fluya la energía y se recupere el bienestar, demostrando cómo la combinación de presiones y estiramientos fomenta el flujo energético, ayuda a mantener la salud y preserva la juventud. El resultado, en general, es la liberación de la rigidez, la atenuación o desaparición del dolor crónico y la liberación de los problemas emocionales. . MANEEWAN...



[READ ONLINE](#)  
[ 8.46 MB ]

### Reviews

*Absolutely essential go through book. It can be rally fascinating throgh studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).*

*-- Roberto Leannon*

*This sort of publication is everything and made me seeking forward and much more. Better then never, though i am quite late in start reading this one. I am easily could possibly get a delight of reading through a created pdf.*

*-- Quinton Balistreri*

## Other eBooks



### The Goblin's Toyshop

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, The Goblin's Toyshop, Enid Blyton, A magical selection of short stories including The Little Chatterbox, The Very Strange Pool, The Enchanted Button and Porridge Town. Each tale contains charming and loveable characters and...



### The Siren's Feast

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Siren's Feast, Benjamin Hulme-Cross, Nelson Evergreen, A twelve-book series of supernatural horror scares that will hook even the most reluctant readers. The Dark Hunter Mr Blood and his young assistants Edgar and...



### George Washington's Mother

Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, George Washington's Mother, Jean Fritz, DyAnne DiSalvo-Ryan, The All Aboard Reading series features stories that capture beginning readers' imagination while developing their vocabulary and reading comprehension. The Picture Readers, appropriate for...



### Electronic Dreams: How 1980s Britain Learned to Love the Computer

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber keys? Did you marvel at the immense...



### Rumpelstiltskin - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Rumpelstiltskin - Read it Yourself with Ladybird: Level 2, In this classic fairy tale, a miller's daughter has to spin straw into gold for the king. A funny little man comes to help...



### The Canterville Ghost, The Happy Prince and Other Stories

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Canterville Ghost, The Happy Prince and Other Stories, Oscar Wilde, This is a collection of stories, including two of Wilde's most famous: "The Canterville Ghost", in which a young American girl helps...