



Chi Nei Ching: Internal Muscle, Tendon, and Meridian Massage

By Mantak Chia, William U. Wei

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Chi Nei Ching: Internal Muscle, Tendon, and Meridian Massage, Mantak Chia, William U. Wei, Good health depends on the free flow of life-force energy, chi, throughout the entire body. The accumulation of tensions in the muscles and tendons as well as the stagnation of negative energy can lead to blockages in the body's energy channels, resulting in pain, low energy, or illness. In this full-color illustrated guide, Master Mantak Chia and William Wei detail massage techniques for unblocking chi, releasing tight tendons and muscles, and alleviating back and joint pain. The authors explore the 10 Thai energy meridians known as Sen Sib, the 12 muscle-tendon meridians of Chinese acupuncture, and the most commonly strained muscles and tendons of the spine, neck, and pelvis. They explain how to treat specific ailments, such as headache, stiff shoulder, or lumbar pain, with the traditional Thai massage technique known as Tok Sen, which uses a wooden hammer to send vibrational energy deep into the fascia and muscles along the Sen Sib meridians. This method is particularly effective for joint pain, because the vibrations can reach more deeply and accurately within the body's structure...



DOWNLOAD PDF



READ ONLINE
[6.75 MB]

Reviews

This book is great. It is written in simple words and not difficult to understand. I discovered this pdf from my dad and he suggested this ebook to find out.

-- Prof. Webster Barrows

This ebook is fantastic. We have read it and I am confident that I am going to read through it again and again in the future. I can easily get a pleasure from reading a published ebook.

-- Heloise Dare