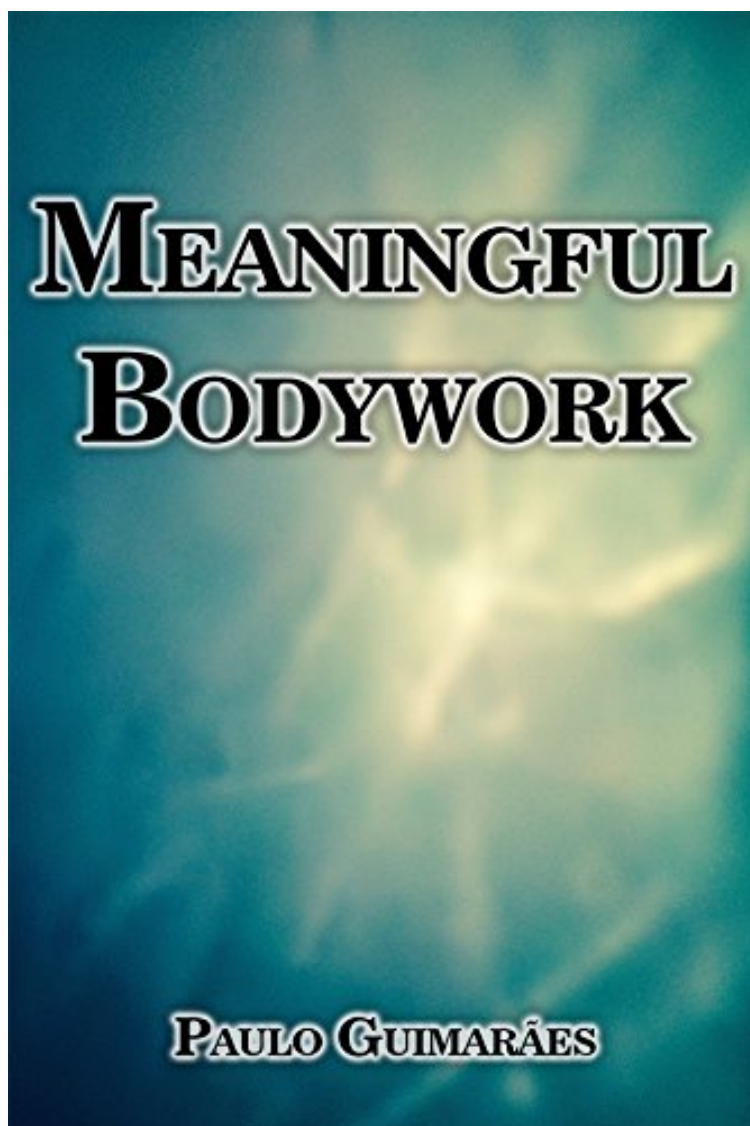


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Description :

Prsentation de l'diteurIn this unique book Paulo Guimaraes explores the relating dualities in the field of bodywork. Based on the understanding that our biology is full of dual principles; systole and diastole heart movement, the in and out breath etc Paulo explains how optimum health can be viewed as a constant balance between two opposing forces. Throughout his years of experience as a bodyworker he has come to realize that bodywork needs to assist these two opposites, and if we want to succeed in helping our clients we as body workers, massage therapists, physiologists and the like need to become the opposite force to the clients need of holding, coping and resisting. In this groundbreaking book he explains how to best achieve this along with practical exercises. Packed full of Paulo's insight and experience, this book is a must have for any aspiring body worker; both newcomer and experienced alike.Prsentation de l'diteurIn this unique book Paulo

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