



Home Healing Massage

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Through Home Healing Massage you will learn how to activate and move energy through the human body for total wellness. These easy techniques, based on ancient Asian healing arts, will bring a new level of health and vitality to you and your family. Each fully-illustrated chapter provides a complete overview of basic energy principles and message techniques that effectively alleviate many ailments common in today's world. Through these tried and true methods, you will gain increased ability to develop total wellness for yourself and your entire family. And best of all, you will experience the sheer joy of giving and receiving love through the act of hands-on healing. This book will help you: *Connect with others through the gift of touch *Gain understanding of the human energy system *Contribute to your family's and friends' wellbeing *Release stress and revitalize the body *Find relief from common ailments *Experience the joy of healing others

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