



## Massage Et Polarite: Equilibre Corps- Emotions-Mental (Paperback)

By Gilles Morand

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Le massage, source de plaisir et de bien-etre, peut aussi soulager certains malaises souvent relies au rythme trepidant de la vie moderne: anxiete, stress, fatigue, nervosite, douleurs musculaires, etc. Dans ce guide abondamment illustre, l'auteur nous invite a partager son experience. Il nous apprend a prendre conscience de notre corps et de celui des autres tout en nous eveillant aux bienfaits des contacts physiques. Une section decrivant les techniques de base de la polarite vient completer cet ouvrage et explore un large eventail de possibilites d application. Pour en savoir plus sur cette technique holiste voir: La therapie par la polarite- Polarity therapie Le manuel par John Beaulieu (pdf gratuit en ligne, lecture seulement) Biographie: Gilles MORAND, diplome en massage et polarite, pratique le massage depuis plus de quarante ans. Son expertise est donc significative et suscite une confiance largement meritee. Il donne des formations en polarite, avec certification reconnue par l'A.N.N. (Canada). Il fait partie de cette generation que les therapies corporelles naturelles et holistiques interessent au plus haut point. Apprenez le Quantum Touch-Le Pouvoir de Guerir en...



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