

Chi Nei Ching Muscle Tendon And Meridian Massage

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Chi Nei Ching Muscle Tendon

In addition to unblocking the chi meridians, Tok Sen treatment facilitates the release of tension by addressing armored tendons and muscles. Hammering on the meridians assists in relieving pain and discomfort. This is especially true if a person has stored a lot of stress and created a hard or armored shell on the tendons and muscles.

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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.

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Chi Nei Ching: Muscle, Tendon, and Meridian Massage by ...

Chi Nei Ching is a true blend that teaches how to use theoretical and practical knowledge of Western and Eastern anatomy, the ten Thai Sib Sen Energy Lines, and the twelve muscle-tendon meridians of Chinese acupuncture in massage therapy.

What Is Chi Nei Ching Massage? | TraditionalBodywork.com

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Chi Nei Ching on Apple Books

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.

Chi Nei Ching | Book by Mantak Chia, William U. Wei ...

This final book in the Chi Nei Tsang series presents massage techniques that unblock chi, release tight tendons and muscles, and alleviate pain. The authors explain techniques such as Tok Sen which uses a wooden hammer to send vibrational energy deep into the fascia and muscles, and Gua Sha--the scraping of the body to clear blood stagnation and promote metabolism.

Chi Nei Ching - Inner Traditions Online Bookstore

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