

REFLEXOLOGY



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Reflexology Deck

Steven B. Stern



Reflexology Deck:

The Reflexology Deck Katy Dreyfuss,2004 The cards include instructions for specific massage and reflexology techniques maps of reflex areas on hands feet and ears and reflexology sessions to relieve everyday ailments *Reflexology: Reference to Go* Katy Dreyfuss,2012-01-13 Encourage well being in yourself and others with reflexology an age old hands on therapy Using gentle pressure on specific spots of the hands feet and ears the practice of reflexology relieves the tensions of everyday ailments and promotes energy flow throughout the body Featuring maps of reflexology regions and flows easy to follow sequences and color coded instruction pages this ebook helps you to achieve good health and natural balance *The Massage Deck* Katy Dreyfuss,2010-07-01 This deck features 50 easy to follow artfully illustrated techniques for giving and receiving the perfect massage Coded by body region these portable cards include detailed instructions tips for when to use aromatic oils and lotions and suggested sequences for ten and twenty minute massages Learn how to soothe away stress and tension relieve headaches and muscle pain and share the language of touch with The Massage Deck **Reflexology Card Deck** Skye Alexander,2008-07-01 A card deck is a convenient portable way to learn about reflexology According to the ancient art of reflexology the body s organs experience illness when they receive the wrong signals from the brain However by stimulating pressure or reflex points on the feet you can interrupt the body s misguided instructions and stimulate the body to naturally heal itself Reflexology Card Deck gives readers a convenient tool to guide them in the art healing others and themselves through reflexology A deck of 52 cards identifies a specific foot point on a photograph and tells the reader what healing benefit it has On the flip side the card explains the technique for stimulating the pressure point and expands on the benefits Introduction cards explain the history of reflexology and the philosophy behind it **Reflexology Deck** Barbara Kunz,2016 *Identity and the Quartered Circle* Dorothy Louise Abrams,2013-06-28 Identity and The Quartered Circle is an eclectic Wiccan discussion of the search for identity through the power of a cast circle and the four directions The book defines the Circle as a container for magic A chapter on psychological identity follows From casting a circle to meeting the Elementals and winged spirits of faerie the author leads the reader on a personal journey in consciousness At its conclusion we can speak intelligently of merger with the Gods and Oneness and the reader can answer the big four questions Who Am I Why am I here Where did I come from and Where am I going Becoming the Healer Deborah L. Schlag,2012-10 Becoming the Healer The Miracle of Brain Injury is a book to be read by more than just those trying to understand the brain injured person It can renew in you hope faith and the belief that miracles still happen today and can happen for you too You will be inspired with great ideas encouraging you to step out in faith to let go of your fears and to make the necessary changes to step into your own miracles By opening your eyes and your heart looking at things in a different perspective asking then really listening the answers will come Sometimes when the answers come they don t show up the way we expected them to This was the case with Deborah who never imagined herself to be given the gift of healing Now having experienced a brain

injury and the miracles of healing that have brought her full circle in that process she shares to help you do the same

The Best Meditations on the Planet Martin Hart, Skye Alexander, 2011-04 Beat stress improve your health rewire your brain for happiness in just minutes a day with 100 meditation techniques for just about every need **They Told Us To**

Move: Dakota—Cassia Kok Hoe Ng, 2024-08-21 What happens when an entire community is moved Dakota Crescent was one of Singapore's oldest public housing estates and a rental flat neighbourhood for low income households In 2016 its residents many of whom are elderly were relocated to Cassia Crescent to make way for redevelopment To help them resettle a group of volunteers came together and formed the Cassia Resettlement Team *They Told Us to Move* tells the story of the relocation through interviews with the residents from the Dakota community and reflections by the volunteers Accompanying these are essays by various academics on urban planning gender and family ageing poverty and social services civil society and citizenship and architectural heritage and place making Through this three part conversation the book explores human stories of devotion expectation and remembrance It asks what we can achieve through voluntary action and how we can balance self reliance and public services This book is for people who want to understand the kind of society we are and question what kind of society we want to be **Two Small Windows in a Pair of Mirrored Doors** Richard W. Spisak Jr., 2010-05-10 Richard W Spisak Jr Storyteller Dramatist Essayist and Artist Writing drawing and making music since his youth Richard began his professional career as a light artist with Mel Tanner of Lumonics Later working at the Miami Space Transit Planetarium he was hired as a light artist by Kenvin Lyman of Dazzleland Studios Mr Lyman had earned a Doctorate in Lumina from the Sorbonne Later he worked with Laser Images of Van Nuys CA and was for a longtime part of the creative team as Light Artist for Tom Harman's Laser Productions He wrote and produced the Radio Comedy series *Martian Ambassador* and the *Captured Chorus* on public radio in Miami Bookshelves heavy with book on neurology and consciousness he became an engineering tech prototyping Neural Stimulators for North American Biologicals Neurostimulators are used to treat certain nervous system disorders Dissatisfied with the literature he found on consciousness he began his own research interviewing Yogis Astrologers Mystics and Healers This has brought him in contact with a universe of belief and theory Which he studies still I hope these stories bring a smile and a little wisdom AUMGN HA *The 150 Most Effective Ways to Boost Your Energy* Jonny Bowden, 2018-02-20 Refuel your body to energize your mind and make you sleep better This will give you vitality from dawn to bedtime **KL THE GUIDE 39**, 2021-11-01 The fastest guide to Kuala Lumpur A guide to the essentials of Kuala Lumpur that helps you hit the ground running on your trip A practical e book of things to do and see in Kuala Lumpur Malaysia **Walk in Balance** Sun Bear, Wabun Wind, 2012-06-05 A personal survival manual for attaining the path of inner and outer harmony Chippewa medicine man Sun Bear now offers a personal survival manual for attaining the path of inner and outer harmony Sage and empowering guidance on creating and maintaining personal health and happiness can create a holistic pathway to personal affirmation enrichment and health *Stern's Guide to the Cruise*

Vacation: 2017 Edition Steven B. Stern, 2016-09-22 The extent of detail given is good not only for the novice cruiser finding their way around but also for the veteran cruiser who wants to know the latest about the newest ships CyberCruises.com This is the book with which to gain a full and thorough understanding of the wonderful world of cruising Repeat cruisers and novices alike will gain from the volume of features menus daily schedules photos as well as details on every cruise ship and port of call throughout the world This should be the encyclopedia for any cruise aficionado World of Cruising People who've never cruised before or those who have but find themselves faced with a confusing onslaught of new ships need to know a great deal and this book goes a long way in providing it Chicago Tribune Stern's Guide to the Cruise Vacation is one of the most comprehensive authorities and a must have for both the novice and the seasoned cruiser Porthole Magazine **Stern's Guide to the Cruise Vacation: 20/21 Edition** Steven B. Stern, 2019-09-26 The extent of detail given is good not only for the novice cruiser finding their way around but also for the veteran cruiser who wants to know the latest about the newest ships This is the book with which to gain a full and thorough understanding of the wonderful world of cruising Repeat cruisers and novices alike will gain from the volume of features menus daily schedules photos as well as details on every cruise ship and port of call throughout the world This should be the encyclopedia for any cruise aficionado World of Cruising People who've never cruised before or those who have but find themselves faced with a confusing onslaught of new ships need to know a great deal and this book goes a long way in providing it Chicago Tribune Stern's Guide to the Cruise Vacation is one of the most comprehensive authorities and a must have for both the novice and the seasoned cruiser Porthole Cruise Magazine **Stern's Guide to the Cruise Vacation: 2016 Edition** Steven B. Stern, 2015-09-11 This valuable guide assists you in selecting the ship best suited to your taste advises you on how to prepare for your cruise and explains what to expect once you are onboard Stern discusses every major port of call worldwide listing details on attractions beaches hotels restaurants shopping sports and other recreation He also includes guidelines on how to make the most of an eight hour stay in port **Stern's Guide to the Cruise Vacation: 2014 Edition** Steven B. Stern, 2013-10-31 This valuable guide assists you in selecting the ship best suited to your taste advises you on how to prepare for your cruise and explains what to expect once you are onboard Stern discusses every major port of call worldwide listing details on attractions beaches hotels restaurants shopping sports and other recreation He also includes guidelines on how to make the most of an eight hour stay in port Be Our Guest 2008 Kuperard Publishers, 2007-11-15 **Stern's Guide to the Cruise Vacation** Steven B. Stern, 2012-10 This is the book with which to gain a full and thorough understanding of the wonderful world of cruising Repeat cruisers and novices alike will gain from the volume of features menus daily schedules photos as well as details on every cruise ship and port of call throughout the world This should be the encyclopedia for any cruise aficionado World of Cruising People who've never cruised before or those who have but find themselves faced with a confusing onslaught of new ships need to know a great deal and this book goes a long way in providing it Chicago Tribune Stern's Guide to The Cruise

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