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Manual teórico-práctico del Masaje Tradicional Tailandés (Terapéutico)

ILUSTRACIÓN COMPLETA DEL M.T.T.T.



Horacio F. Rodríguez Porto

Manual De Masaje Tailandes

Enrico Corsi



Manual De Masaje Tailandes:

Manual de masaje Tailandés Maria Mercati,2003 *El gran libro del masaje thai* Arnaud L'Hermitte,2016-07-15 El masaje thai o masaje tailandés se practica desde hace más de 2500 años y es uno de los cuatro componentes de la medicina tradicional tailandesa Este tipo de masaje también integra ciertos elementos del ayurveda indio la medicina china y algunas posiciones de yoga El autor expone mediante sencillas explicaciones los beneficios del masaje tailandés y los conocimientos que se requieren para su práctica Además las numerosas fotografías le permitirán conocer los diferentes puntos de presión y las posturas adecuadas

Enciclopedia del masaje tailandés Dr. C. Pierce Salguero,David Roylance,2016-09-01 Recurriendo a la historia de Tailandia a las prácticas del yoga al budismo y a los estudios culturales además de a la experiencia profesional y docente de los autores en las más prestigiosas escuelas de masaje en Tailandia y en Estados Unidos este manual logra tender un puente que salva la brecha abierta entre la explicación teórica y el ejercicio práctico El trabajo corporal se presenta aquí tal como lo entienden en Tailandia como una práctica terapéutica y medicinal Los autores detallan todos los pasos de las tablas del masaje tailandés tradicional uno a uno y los completan con datos históricos con tradiciones espirituales y con su filosofía terapéutica siempre en un estilo ameno y atractivo Las abundantes ilustraciones y fotografías facilitan la comprensión de las diversas técnicas empleadas y el libro ofrece además diagramas de los puntos de acupuntura y una sección exclusiva sobre los principales canales de energía Este exhaustivo manual ofrece una amplia variedad de procedimientos para tratar afecciones específicas y es la herramienta perfecta para todo aquel que quiera aprender esta popular terapia curativa

El Masaje Tailandés Beatrice Avraham,2006-03 Este libro presenta de manera muy sencilla los principios y las herramientas del Masaje Tailandés tradicional Su intención es proporcionar un tratamiento holístico a los problemas y enfermedades físicas y mentales así como aumentar la calidad de vida a través de la práctica del Masaje Tailandés tiene numerosos beneficios induce a la relajación proporciona equilibrio y tranquilidad mental facilita el conocimiento personal favorece una actitud positiva ante la vida fortalece la relación de pareja además de mejorar la salud y aliviar los dolores y las enfermedades Este libro es único ya que combina la teoría del Masaje Tailandés con la técnica del automasaje y presenta cientos de ejercicios ilustrados con una fotografía explicativa y descritos con gran lujo de detalle Este manual está pensado tanto para los terapeutas experimentados como para el lector que tan sólo está comenzando a adquirir conocimientos sobre esta técnica milenaria

Manual profesional del masaje Jesús Vázquez Gallego,2011-07-18 El arte del masaje se ha practicado desde la Antigüedad en muchos países hoy en día es una de las formas de cuidado de la salud más populares Se usa con buenos resultados en los campos terapéutico estético y deportivo ya sea para buscar la relajación o como parte del tratamiento en diversas enfermedades Este libro es un compendio sobre el masaje que abarca desde las nociones básicas como los conceptos anatómicos los efectos fisiológicos y las normas e indicaciones generales para su práctica hasta el desarrollo de los distintos tipos de masaje Se tratan en detalle el masaje clásico masaje sueco y quiromasaje los masajes específicos masaje reflejo

drenaje linfático entre otros las técnicas orientales shiatsu y masaje chino los masajes mecánicos y combinados y el masaje para poblaciones especiales masaje deportivo infantil y en la tercera edad Se incluyen también capítulos dedicados a la osteopatía la acupuntura el masaje en la fibromialgia y el masaje en el entorno Pilates Asimismo se acompañan las detalladas explicaciones de las técnicas con ilustraciones y fotografías *El libro completo de los masajes*, 2007-06 La Terapia Del Yoga Tailandés Kam Thye Chow, 2007-06 Masaje Tradicional Tailandés, Manual Teórico-práctico Horacio Felipe Rodríguez Porto, 2019-03-19 Masaje Tailandés la técnica de masaje más completa del mundo Aporta salud y belleza en tu cuerpo en tu mente y en tus emociones El Masaje Tradicional Tailandés Sanador es la mezcla perfecta del Ayurveda y el Yoga Su creador el Maestro Shivaka Kumar Bhaccha ha hecho de esa fusión la técnica que ayuda a preservar la salud a corregir enfermedades a corregir desordenes emocionales y acrecentar la disposición espiritual de quien lo practique y reciba Estimula las cuatro circulaciones la arterial la venosa la linfática y la energética Incrementar la flexibilidad y el rango de movimientos corporales Elimina dolores musculares y articulares Hidrata los tendones Mejora la postura y reequilibra el funcionamiento del sistema nervioso Incrementar el nivel de energía Estimula la circulación sanguínea el drenaje linfático y de los órganos internos Potencia la libido Libera los desordenes del terreno emocional Reduce el estrés Es un masaje que se puede aplicar en un futón o esterilla No se utilizan cremas ni aceites Se realiza con ropa El uso asiduo modela por fuera y por dentro Ideal para la preparación física de los deportistas y bailarinas de danzas clásicas Historical Dictionary of Thailand Gerald W. Fry, 2024-11-19 Throughout its history Siam and then later Thailand has shown remarkable resiliency adaptability and creativity in responding to serious threats and crises This augurs well for Thailand's capacity to deal with the serious problems described above and to flourish in the areas in which it has great potential and comparative advantage such as food exports kitchen of the world diverse genres of tourism health and wellness management creative design alternative energy sources great potential of solar energy and e-vehicles regional transportation hub both rail and air export growth and diversification an attractive site for MICE and as an international education hub Thailand clearly has the potential to become one of the most distinct vibrant creative and diverse societies of the dynamic Asia Pacific region Historical Dictionary of Thailand Fourth Edition contains a chronology an introduction and an extensive bibliography The dictionary section has more than 1 000 cross-referenced entries on important personalities as well as aspects of the country's politics economy foreign relations religion and culture This book is an excellent resource for students researchers and anyone wanting to know more about Thailand *El Yoga Terapéutico 2* Pierre Jacquemart, Saïda Elkéfi, 1997-01-09 Automasaje Enrico Corsi, 2006-11 Todos hemos padecido en algún momento las consecuencias de nuestra ajetreada vida cotidiana Además de dolores de varios tipos artrosis cefaleas etc seguramente habremos sentido palpitaciones ahogos digestiones pesadas acidez nerviosismo e irritabilidad problemas todos ellos que pueden resolverse con un buen masaje Sin embargo no siempre tenemos a alguien dispuesto a ayudarnos Estiramientos y conciencia corporal Sonia Sampayo, 2008-04-08 Esqueleto musculos tendones y

ligamentos forman la estructura básica de nuestro cuerpo y muchas lesiones contracturas y dolores musculares se deben a que no cuidamos adecuadamente la arquitectura de nuestra anatomía Pero debemos empezar por el principio y este no es otro que el recuperar nuestra conciencia corporal es decir aprender a sentir comprender cuidar y amar a nuestro cuerpo Este libro partiendo de un conocimiento profundo de la anatomía humana muestra al lector una completa serie de ejercicios de estiramiento que le ayudarán a corregir sus defectos de postura flexibilizar músculos y tendones adquirir mayor ligereza y armonía de movimientos y muy importante a tomar conciencia de su propio cuerpo y de sus movimientos Asimismo se incluyen ejercicios para niños para realizar en parejas y para embarazadas La autora una bailarina experimentada también enseña ejercicios específicos para cualquier persona que se dedique a la danza el deporte o a cualquier rea vinculada con la expresión corporal El resultado es una obra sólida práctica completa y novedosa ya que analiza las más depuradas técnicas y la más moderna información junto a una filosofía cuyo eje reside en una conciencia corporal pacífica y armoniosa

En forma perfecta Caterina Germani,2007 Masaje reflexológico (Color) Franz Wagner,2018-11-08 El masaje reflexológico se fundamenta en el concepto de que la energía vital del cuerpo transcurre por determinadas vías y de que a través de estas conexiones energéticas se puede influir en determinadas partes del cuerpo y en determinados órganos En esta obra se muestran las bases teóricas y prácticas del masaje reflexológico que activa las fuerzas de autocuración de manera natural y puede aliviar e incluso hacer desaparecer muchos tipos de dolor En ella encontrar descripciones detalladas de todas las zonas reflejas en las manos y en los pies para aprender las maniobras más eficaces contra las molestias cotidianas más frecuentes Instrucciones detalladas paso a paso e ilustradas para efectuar tanto un masaje como un automasaje Consejos prácticos para potenciar los beneficios del masaje reflexológico

Pilates. Vive la diferencia Jennifer Dufton,2006-04-18 Desde su inicio en 1920 pero principalmente a partir de los años setenta la popularidad de todo Pilates ha venido creciendo firmemente hasta convertirse en un fenómeno mundial Muy popular entre aquellos que desean tener un cuerpo más fuerte y flexible es también muy recomendado por médicos osteopatas y quiroprácticos por su seguridad y eficacia La clave del Pilates reside en que provoca un equilibrio excelente entre elasticidad y fuerza trabajando con todo el cuerpo

La vuelta al cuerpo en cuarenta puntos Alejandro Lorente,2009-06-30 La milenaria medicina china ha demostrado a través de los siglos su enorme eficacia para tratar enfermedades y dolores de un modo rápido y seguro siendo la digitopuntura es decir la presión con los dedos en determinados puntos del cuerpo una forma sencilla y sumamente efectiva de tratamiento que uno puede practicar con los demás y consigo mismo Basada en la ciencia de los meridianos y avalada por siglos de experiencia este libro pone la digitopuntura al alcance de todos de un modo nunca antes expuesto al lector occidental En esta obra el autor un especialista reconocido internacionalmente explica de forma fácil la localización de 40 puntos fundamentales en el tratamiento de numerosas dolencias comunes y cómo ejercer sobre ellos la digitopuntura Dolores de nuca de cabeza o de espalda problemas articulares estomacales o sexuales insomnio falta de vigor alergias rinitis o diarreas entre otras muchas y

comunes dolencias pueden ser tratadas y espectacularmente mejoradas por medio de esta sencilla práctica. Asimismo conocimientos básicos de la medicina china y su concepción de la salud y enfermedad son tratados con amenidad y gran sentido didáctico. En resumen un libro enormemente útil que le ayudará a mejorar su vida y la de los suyos.

Los remedios florales del Doctor Bach para las mujeres Judy Howard, 1994. Este libro es una magnífica contribución a la terapia floral del Doctor Bach en este caso en su relación con la feminidad. En él se exploran con especial atención los aspectos emocionales que rodean las situaciones de crisis o los periodos de transición. La adolescencia, la preocupación por la figura, el embarazo y el parto, el síndrome premenstrual, la menopausia, la sexualidad, los problemas del trabajo y la pareja son algunas de las facetas de la vida de una mujer que a veces son abordadas con estados negativos de la mente produciendo episodios de angustia e infelicidad. La autora repasa uno a uno estos problemas y nos propone a partir de su dilatada experiencia como terapeuta el tratamiento con el remedio floral más adecuado.

Masaje rápido Rahel Rehm-Schweppe, 2012. Ponte en forma y mejora tu salud con solo 10 minutos de ejercicios al día.

Las 40 plantas medicinales más populares Alfredo Ara Roldán, 1994-06. Las plantas medicinales han sido el método de curación natural más popular y utilizado por todas las culturas. Hoy la tendencia de la sociedad al retorno a fuentes de salud más naturales y que sean sencillas y eficaces ha permitido que las plantas medicinales recobren su justo protagonismo. En esta obra conocer las virtudes terapéuticas de 40 de las plantas más populares seleccionadas en función de su eficacia en distintos tratamientos. Encontrar las características de cada planta, su empleo terapéutico, su uso interno y externo y la dosificación. Una obra excelente divulgativa y asequible para todo aquel que quiera iniciarse en el uso de las plantas medicinales.

El masaje en la rehabilitación de traumatismos y enfermedades Anatolik Andreewicz Biriukov, 2019-05-24. Como medio de higiene curativa y profiláctica el masaje se utiliza desde siempre en la medicina popular de los pueblos de todos los continentes. En los últimos años se ha convertido por su popularidad en objeto de gran atención y de investigaciones científicas en medicina. De aquí la importancia de la edición de este libro científico metodológico con una base argumentativa científica para los médicos fisioterapeutas y todos aquellos a quienes interesan los medios y las técnicas tradicionales de cómo actuar sobre el organismo humano para la profilaxis y el tratamiento de recuperación después de algunos traumatismos y enfermedades. Su contenido abarca el masaje en las contusiones, esguinces, luxaciones y fracturas, el masaje en la artrosis, la movilidad articular limitada, la gota y el pie plano, el masaje en la tendosinovitis, la bursitis, la periostitis, la miositis, la mialgia y los calambres, el masaje en la osteocondrosis y la radiculitis, el masaje en las neuralgias, el masaje en la distonía vegetativa vascular, el masaje en las enfermedades de los vasos sanguíneos de las extremidades, el masaje en el dolor de cabeza, el masaje en la hipertensión y en la hipotensión, el masaje en las alteraciones de peristaltismo del intestino grueso.

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