

(Free) Acu-Yoga: Self Help Techniques to Relieve Tension

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Michael Reed Gach

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This book is written to serve people with a wide range and variety of experiences from beginners to health teachers and practitioners. Its aim is to show the interconnections between the ancient practices of yoga and the traditional system of Acupressure.

Acu-Yog: Ancient Techniques From Acupressure Yoga Combined To Relieve Tension And Stress is a 5 cassette

program of learning a safe, natural self-healing system that regulates the flow of chi utilizing the practices of yoga and acupressure. The unrestricted flow of chi (or "prana" as it is called in India) is the key to radiant health -- regulating and balancing the entire body, including the motions and mental functions. When the flow of chi is obstructed within the energy system of the body, the resulting imbalance can affect every aspect of personal health. The Acu-Yoga program combines step-by-step yoga postures, breathing, and fingertip massage applied to the body's vital points, to discharging harmful stress and toxins from your body. In seconds you can eliminate headaches; relieve lower back fatigue; induce a calming state; recharging the body's reserves of vital energy; deal successfully with depression, headaches, common colds, circulatory disorders, hypertension, constipation, menstrual pain, poor digestion, and more! Listeners will discover a practical dimension of self-care with the power techniques in Michael Reed Gach's Acu-Yoga. Acu-Yoga is a highly recommended addition to the community library Self-Help and Audio Books collection! --

Midwest Book About the Author Michael Reed Gach, PhD is the founder and director of The Acupressure Institute in Berkeley, California, and the creator of the Acu-Yoga system. He received his B.A. in social relations from Immaculate Heart College, his Ph.D. in acupressure health care from Columbia Pacific University, and received advanced training from Frank Chung, Certified Acupuncturist in point location, Reuho Yamada (Japanese Zen priest) in Zen Shiatsu; as well as Ron and Iona Teegarden in teaching Jin Shin Acupressure.