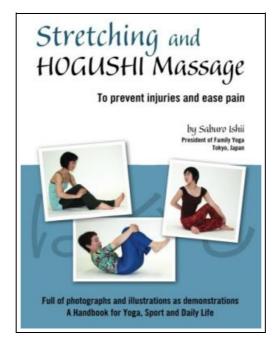
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Zen Central, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A Handbook for Yoga, Sport and Daily Life. To prevent injuries and ease pain. Full of illustrations as demonstrations to release muscle stiffness and improve our overall health and wellbeing. This is first time one of Saburo Ishii s books has been published in English. Contents - Uneven movement makes your body stiff! - The reasons why the body needs to be released - Releasing your body with HOGUSHI Massage - HOGUSHI Massage for your heart There are columns on diet, the history of yoga, and tanden/ki. The HOGUSHI Massage technique is very effective and can be applied to yoga, sports, rehabilitation, aged care and daily life. There are detailed instructions and photos on HOGUSHI Massage for the: \*Hips \*Legs \*Groin Area \*Side of the Torso \*Abdomen \*Lower Back \*Shoulder Blades \*Neck Back of the Head \*Shoulders Arms Another chapter applies the relevant HOGUSHI Massage to 18 traditional Hatha Yoga Asanas. Daniel Weber has written a foreword in the book where he says: Mr Ishii s simple but elegant approach to managing the body-mind is of enormous benefit to all. The approach can be practiced by everyone and requires a fine attention to oneself. The way is easy but profound in effect. This is truly teaching with the heart and I recommend this valuable book with all its wisdom.



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