



Atlas Shiatsu: Die Meridiane des Zen-Shiatsu (German Edition)

Wilfried Rappenecker, Meike Kockrick

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Das Erlernen der Meridianverläufe nach Masunaga gehört zu den anspruchsvollen Aspekten einer Shiatsu-Ausbildung.

Das Buch informiert Sie eindrucksvoll in Wort und Bild über alle 14 Meridiane und zeigt den Verlauf an den großen Gelenken. Die detaillierten Beschreibungen sorgen für bestmögliche Orientierung beim Lernen der Meridianverläufe.

Zahlreiche Fallbeispiele zeigen, worauf es ankommt, und was Sie bei den einzelnen Krankheitsbildern beachten müssen.

Die neue, 2. Auflage wurde vollständig überarbeitet, korrigiert und aktualisiert.

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