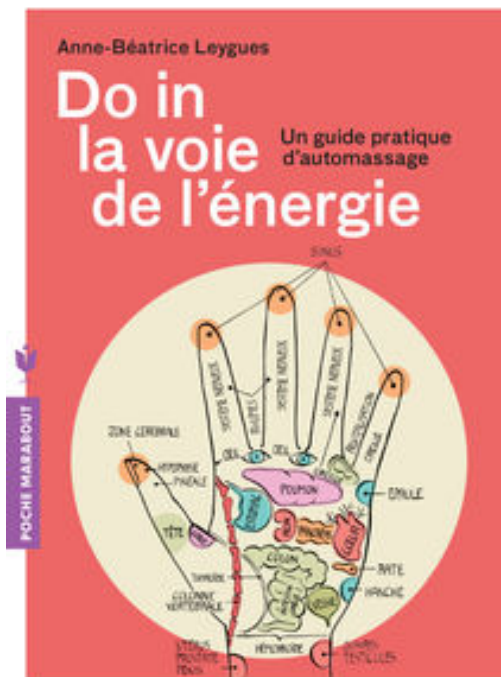


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- Des exercices spécifiques (en cas de grossesse, de blessure, de fatigue installée) ainsi que des mouvements destinés à entretenir sa forme.
- Des dessins simples et pédagogiques illustrent la méthode.

Fondé sur les principes du Tao - l'équilibre universel -, le do in est une technique d'automassage qui repose sur la stimulation des grandes fonctions du corps (respiration, circulation, digestion), par le biais des points d'acupuncture. En favorisant un rééquilibrage des énergies, il procure détente, bien-être et harmonie.

Un petit guide pratique pour prendre conscience de son corps, voie de la bonne santé tant physique que psychique.

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