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Lesdoigts sont l'endroit où aboutissent les méridiens énergétiques du corps, décrits et utilisés par l'acupuncture. Il est donc possible, par de simples positions des mains, d'agir sur tel ou tel aspect de notre état physique ou émotionnel. Cette connaissance, issue d'une longue tradition indienne (les mudrâs), est proposée ici de manière claire et accessible, grâce à des photographies très précises. Elle constitue une voie d'équilibration au même titre que le Taï Chi Chuan ou le Qi Gong.

Title	:	Les Mudrâs
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File Size	:	2.37MB

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