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Pourquoi marcher pieds nus ? Pour redonner aux pieds leurs pleins pouvoirs et reconnecter notre corps avec les énergies de la Terre. La marche pieds nus, ou earthing, permet de prendre conscience de sa respiration et de solliciter naturellement des points de réflexologie. Elle est aussi un mode de méditation.

Kinésithérapeute, Gil Amsallem vous explique tout ce qui se passe dans nos pieds lorsque vous marchez, non seulement en anatomie, mais aussi en énergétique. Il vous conseille sur les soins à leur apporter et vous propose des exercices simples.

40 exercices, soins et massages.  
Les points de réflexologie essentiels.

<b>Title</b>	:	Marcher pieds nus
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