

Chinese Tuina Massage: The Essential Guide to Treating Injuries, Improving Health & Balancing Qi

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Abstrak

Tui Na, literally "Push Grab" has been practiced by Chinese martial artists, Qigong practitioners and healers for thousands of years. Specializing in injury repair and curing illness, Tui Na massage can also maintain your health by adjusting your Qi in order to flow smoothly. It will increase your Qi and blood circulation in particular areas or throughout your entire body, removing blockages and stagnations caused by injuries, exercise and/or aging. Tui Na massage is also a wonderful way to relieve stress and recover from a hard day on the job or a tough workout.