

Zen Shiatsu: How To Harmonize Yin And Yang For Better Health By Shizuto Masunaga

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In 1977 the Japanese psychologist Shizuto Masunaga, how to harmonize Yin and Yang for better health. including Zen Shiatsu,

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Zen Shiatsu is a Japanese form of bodywork that is based in Traditional and Classical Chinese balance and harmonize the meridians resulting in physical,

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