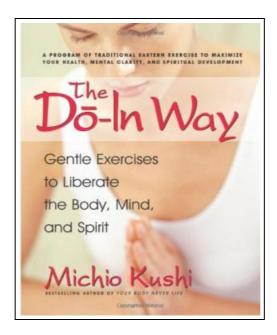
# The Do-In Way: Gentle Exercises to Liberate the Body, Mind, and Spirit (Paperback)



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(Brendan Wuckert)

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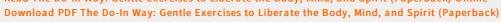


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Square One Publishers, United States, 2006. Paperback. Condition: New. Language: English. Brand New Book. Do-In is an ancient traditional exercise for the cultivation of physical health, mental serenity, and spirituality. Over the last 5,000 years, it has served as the origin of such well-known disciplines as shiatsu, acupuncture, moxibustion, yogic exercises, and meditation. Literally meaning to pull and stretch, Do-In originated as a way of achieving longevity and attaining the highest potential of mental and spiritual development. Do-In techniques are a series of motions designed to harmonize body systems. The Do-In Way details the fundamental aspects of this exercise, which involves breathing, posture, and self-massage and manipulation to stimulate body systems. The gentle application of pressure on the body s meridians corresponds with physical processes, and allows for the conditioning of internal organs. This is a comprehensive handbook to an ancient system of movement designed to enhance physical, mental, and spiritual health.



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