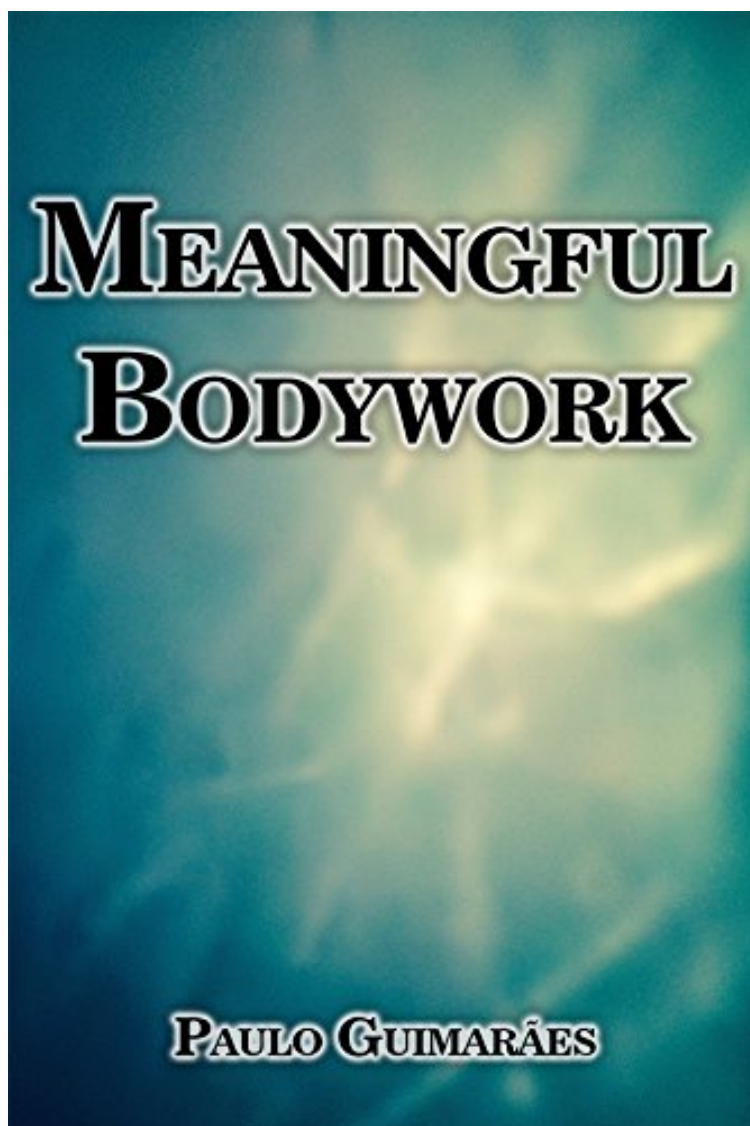


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Description :

Prsentation de l'diteurIn this unique book Paulo Guimaraes explores the relating dualities in the field of bodywork. Based on the understanding that our biology is full of dual principles; systole and diastole heart movement, the in and out breath etc Paulo explains how optimum health can be viewed as a constant balance between two opposing forces. Throughout his years of experience as a bodyworker he has come to realize that bodywork needs to assist these two opposites, and if we want to succeed in helping our clients we as body workers, massage therapists, physiologists and the like need to become the opposite force to the clients need of holding, coping and resisting. In this groundbreaking book he explains how to best achieve this along with practical exercises. Packed full of Paulo's insight and experience, this book is a must have for any aspiring body worker; both newcomer and experienced alike.Prsentation de l'diteurIn this unique book Paulo

Guimaraes explores the relating dualities in the field of bodywork. Based on the understanding that our biology is full of dual principles; systole and diastole heart movement, the in and out breath etc Paulo explains how optimum health can be viewed as a constant balance between two opposing forces. Throughout his years of experience as a bodyworker he has come to realize that bodywork needs to assist these two opposites, and if we want to succeed in helping our clients we as body workers, massage therapists, physiologists and the like need to become the opposite force to the clients need of holding, coping and resisting. In this groundbreaking book he explains how to best achieve this along with practical exercises. Packed full of Paulo's insight and experience, this book is a must have for any aspiring body worker; both newcomer and experienced alike. Biographie de l'auteur Paulo was born in Portugal and has been living in the Netherlands since 1984 where he has been working as a bodyworker and healer for the past 30 years. Paulo is qualified in Shiatsu massage, Rebalancing massage, and Unitive Body Oriented Psychotherapy. In addition to this he has trained in Osteopathy, Fascia therapy, Sports Massage, Nursing and Meditation. As well as running his own successful practice he also runs many workshops and courses throughout Europe. One outcome of Paulos experience of healing others and his extensive training is that he has come to realize that many methods of healing are actually responding to certain types of people and their individual belief systems. Paulo has successfully integrated all of these methods, along with his years of experience and practice into a unique method which works within all different belief systems and understandings when it comes to the arena of bodywork. These include life, body bio-mechanics, touch, sensoriality and experience. Central to his work in this area are the principles of harmonious duality. Here he successfully combines the principles of pressure and space, sensoriality and mechanics, objective and subjective touch, along with the clients resistance and applying the right pressure. In his books Paulo shares with the reader some of the main teachings and insights of his revolutionary techniques and findings.