

Corso Di Linfodrenaggio E Metodo Vodder

Il Contatto in Sé Mirko Chiaramonte 2020-07-29 “Il Contatto in Sé - diario filosofico di un operatore shiatsu” è un libro che mancava. Fin dalle prime pagine, abbiamo la percezione chiara di imbatterci in qualcosa di più di un diario professionale o di un appassionato saggio: oltre alle tecniche shiatsu, oltre alle pratiche di meditazione, ci attende qui un autentico viaggio in noi stessi, in cui ci avventuriamo quasi per gioco incoraggiati dal misterioso “Oz”, sibillina traccia vocale di un database elettronico alterato... Testimoni di un agrodolce incantesimo contemporaneo, partiamo verso la sorgente del famigerato Millennium, oscuro labirinto di energie in codice binario la cui mappa completa riposa ancora sui fondali dell’Oceano... Parole e silenzi, arte e filosofia, aneddoti buffi e mandala spirituali ci prendono allora per mano e ci guidano con gentilezza alla volta di quell’Oceano di realtà le cui onde ci accarezzano - finalmente - da dentro, silenziose risorgive del nostro Sé più profondo. E non più fuggendo in eteree utopie spirituali, bensì proprio qui, proprio ora, tra le complesse sfide dell’epoca in cui viviamo. Sei pronto a salpare? La tua nave è l’Oceano stesso. Mirko Chiaramonte, Whoki. Laureato in Filosofia, Operatore Shiatsu e Counselor Olistico professionista, lavora per alcuni anni come educatore sociale e tutor didattico. Nel 2011 fonda L’Associazione Cult. O’Vega, un vero e proprio laboratorio sperimentale di corsi olistici e percorsi evolutivi, da cui nascono metodi d’avanguardia come lo Slow Wave - la Meditazione del Contatto® (menzionato in più passaggi di questo libro) e il metodo di studio Emo-dinamico Le Playadi - rivolto alle scuole elementari. Ha pubblicato articoli e poesie presso le riviste Daemon - Alchimie letterarie e Shiatsu News. Organizza e conduce, sia in Italia e all’estero (Danimarca), corsi di Meditazione e Crescita personale, Laboratori olistici per bimbi e Metodo di studio Emo-dinamico, percorsi di Orientamento Professionale / Universitario (Orient ExXpress) e seminari

di Filosofia Attiva. In preparazione il primo iter annuale di Slow Wave®. “Il Contatto in Sé - diario filosofico di un operatore shiatsu” è la sua prima prova letteraria.

Manuale pratico di linfodrenaggio secondo il metodo Vodder Natalia Semeraro 2013

La felicità è di questo mondo? Manuela Rossi 2014-07-03 Ho cercato la felicità con tutto il cuore: credo sia così per ogni essere umano che viene in questo mondo. Cerchiamo tutti la felicità, più o meno consciamente; inciampiamo, ci rialziamo, continuiamo a cercare. La mia ricerca mi ha portato ad interessarmi di psicologia, meditazione, alimentazione, yoga, shiatsu e, dulcis in fundo, a intervistare amici ed amici di amici. Il presente libro, che sono lieta di condividere, una sorta di album di fotografie da sfogliare e risfogliare, è frutto del mio cammino di questi anni, del dialogo proficuo con persone meravigliose che hanno arricchito la mia esistenza con la loro esperienza e la loro essenza: a loro, e a te, lettore, va la mia gratitudine, il mio affetto, l’augurio di una vita appagante, di una gioia piena.

Giornale della libreria 1995

Giornale della libreria, della tipografia, e delle arti e industrie affini 1983

Estetista Evoluta Oriana Porzionato 2024-10-21 Ti sei mai trovato a lottare contro il tuo peso senza riuscire a ottenere risultati duraturi, perché ogni dieta o esercizio che fai sembra, solo portare a successi a breve termine. Molte persone si trovano in un ciclo infinito di diete fallimentari e momenti di sconforto. Motivo per il quale vanno continuamente alla ricerca di soluzioni rapide che alla fine generano solo ulteriori frustrazioni. Prova a immaginare: hai seguito alla lettera una dieta ferrea, ma il tuo corpo appare ancora sgonfio e senza tonicità. Oppure hai investito ore in palestra, ma i chili sulla bilancia non scendono. E tutto questo senza contare lo stress e l’ansia che il percorso

di dimagrimento può causare, generando ancora più fame emotiva. All'interno del suo libro, Oriana Porzionato condivide il Metodo Ghalko, un sistema integrato e personalizzato, progettato per affrontare queste sfide a 360 gradi. Non si tratta solo di nutrizione o di esercizio fisico, ma di un approccio olistico che combina dieta, trattamenti corporei, gestione delle emozioni e benessere mentale. Grazie a questa sinergia tra corpo e mente, potrai finalmente raggiungere il tuo peso ideale e mantenerlo nel tempo, trasformando il tuo stile di vita in modo pratico e duraturo.

ALL'INTERNO DI QUESTO LIBRO SCOPRIRAI: Come il Metodo Ghalko si fonda su una filosofia unica che unisce mente e corpo per raggiungere un benessere completo, andando oltre il semplice dimagrimento.

L'importanza del peso emozionale e come riconoscere e gestire le emozioni che spesso sabotano i progressi fisici, imparando a ritrovare l'equilibrio interiore. Strumenti pratici per applicare il metodo nella vita quotidiana, con consigli semplici e facilmente implementabili per rendere i cambiamenti duraturi e sostenibili nel tempo. Come personalizzare le strategie del Metodo Ghalko, adattandole ai tuoi bisogni specifici e al tuo stile di vita, per ottenere risultati ottimali e a lungo termine. Come sfruttare processi naturali del corpo come la chetogenesi e la lipolisi per favorire una perdita di peso completa ed efficace. Quali sono le tecniche più efficaci per raggiungere il massimo potenziale sia fisico che mentale, sfruttando un approccio olistico che ti porterà a migliorare ogni aspetto della tua vita.

Catalogo dei libri in commercio 2002

MANUALE PRATICO DI LINFODRENAGGIO Metodo Vodder - Linfotaping - Metodo Riflesso e Ai Fiori Di Bach Natalia SEMERARO 2017-04-11 Il testo illustra le principali tecniche di drenaggio dei liquidi corporei in modo chiaro e semplice, dalla tecnica di Vodder alla riflessologia plantare, dal massaggio connettivale all'utilizzo dei fiori di Bach e degli oli essenziali, si rivolge a quanti, operatori e non, intendano acquisire metodiche certe e risolutive dell'edema. Utile per le scuole di formazione per estetisti e massaggiatori.

Massaggio linfodrenaggio. Metodo Vodder. Tecniche e istruzioni
A. Mancinelli 2024

LIPEDEMA - Conoscerlo, gestirlo, trattarlo. Lio Lipedema Italia APS/ETS. Associazione Italiana Lipedema. A cura di Valeria Giordano 2024-07-01 Il lipedema è una malattia genetica cronica, degenerativa e multifattoriale, che colpisce il tessuto connettivo provocando un aumento sproporzionato e doloroso del tessuto adiposo, non correlato allo stile di vita del paziente. Le cause non sono del tutto note, ma sono coinvolti diversi fattori. Spesso confuso con altre patologie, il lipedema non ha ancora una cura, ma esistono trattamenti sintomatici per ridurre i disagi e stabilizzare il quadro clinico. Se trascurato, può diventare invalidante. I pazienti pagano tutte le cure di tasca propria e sono abbandonati a loro stessi in uno stato di grande sofferenza. Riconosciuto dall'OMS nel 2018, il lipedema non è inserito nei LEA. Questo libro vuole essere una carezza di vicinanza verso tutti i malati e un ringraziamento per chi se ne prende cura. Con la voce dei più noti esperti al mondo, spiega il lipedema a chi non lo conosce e stimola conoscenza e consapevolezza. LIO Lipedema Italia APS/ETS - Associazione Italiana Lipedema è un Ente del Terzo Settore attivo dal 2018 per far conoscere il lipedema e farlo riconoscere dal SSN. Unico riferimento per le persone con lipedema in Italia, si occupa di advocacy, informazione, formazione

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