



Lomi Lomi Hawaii: Massage für Körper und Geist (German Edition)

Frank Wiczorek-Koeser

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»Jetzt weiß ich, was du damit meinst, wenn du sagst, die Lomi Lomi Hawaii ist nicht nur eine Massage. Ich habe danach angefangen, mein Leben zu verändern und neu zu gestalten.«

Auf Hawaii ist das ganzheitliche Denken tief in der Kultur verwurzelt. Die traditionelle Massage der fernen Südseeinsel wendet sich nicht allein an Muskeln und Haut, sondern bezieht die Organe, den Kreislauf und den Geist mit ein. Sie entspannt den Kopf, löst psychische Blockaden und weckt damit kreative Lebensenergie. Autor Frank Wieczorek-Koeser »erlebte« seine Ausbildung zum Lomi-Lomi-Meister direkt auf Hawaii und hat seit 2001 eine Anwendungs-Erfahrung mit eigenem Centrum für Hawaii Massage.

Dieses Buch gibt Masseuren eine Anleitung in die Technik der Lomi Lomi – und eine Empfehlung, auf welche Weise die »mystisch« anmutenden Elemente vermittelt werden.

Den Freunden der Lomi Lomi Hawaii Massage eröffnet sich ein Einblick in die Zusammenhänge von Körper und Geist. Sie erleben bewusster und erfolgreicher, was es bedeutet, in der Lomi Lomi »die Seele baumeln« zu lassen.

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