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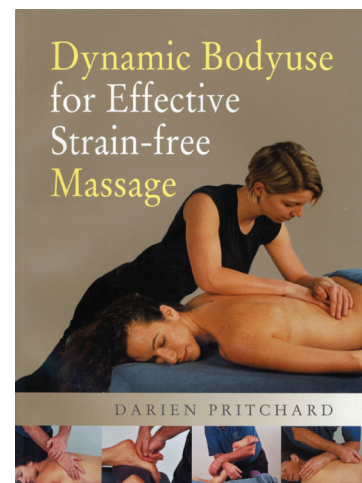
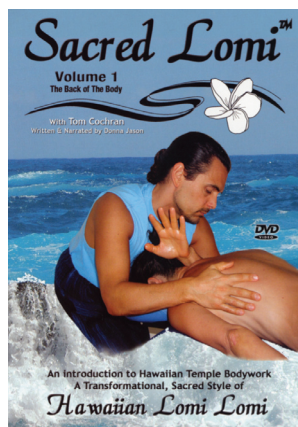


Ultimate Relaxation

This 60-minute DVD from Master Ohashi demonstrates a type of touch therapy he created from traditional shiatsu. Acupoints on the arms, feet, head, and shoulders are revealed while Ohashi shows several ways to promote whole-body relaxation. Therapists are taught to conserve energy and be more efficient with their bodywork. This DVD is available for \$39.95 at 800-810-4190 or www.ohashiatsu.org/Menu/store-ohashidvd.html.

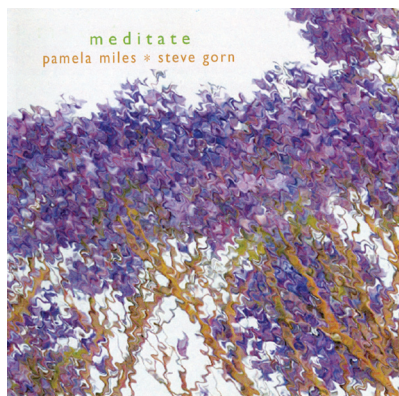
Sacred Lomi, Vol. 1: The Back of the Body

Lomilomi, is an ancient technique using the palms and forearms to work the body. This DVD introduces the fundamentals of “Temple Style” lomilomi in four sections, starting with an overview of its history and principles, then moving on to show the individual forearm movements on the back of the body using multi-angle shots. A booklet of instructions on body mechanics, draping, oil, and table height accompany this 65-minute disc, which retails for \$49.95 at 866-817-7582 or www.sacredlomi.com.



Dynamic Bodyuse for Effective Strain-Free Massage

Darien Pritchard, co-director of the Massage Training Institute, has written this book to address the problems of cumulative strain that practitioners develop in their back, fingers, shoulders, and wrist. This 480-page book features 2,000 illustrations demonstrating the safe and effective use of the body in many types of massage sessions. Practitioners will learn how to apply other parts of their body to conserve their hands. Available for \$39.95 at 800-793-2665 or www.randomhouse.com.



Meditate

Reiki master Pamela Miles and Steve Gorn, master of the Indian bansuri flute, have crafted this nine-track CD of instruction and music. The opening tracks explain the vitality of meditation, give an overview of the process, and teach listeners how to find their meditation posture and maintain proper breathing. Musical interludes follow with gentle instructions that direct the mind and body toward deeper meditation. At just over 60-minutes in duration, this CD is available for \$17.99 at www.amazon.com.