

iniziazione allo On Zon Su

L'On Zon Su è il massaggio del piede secondo la scuola del maestro Mak Zi, che nel 500 a.C. ordinò le conoscenze antiche e iniziò una tradizione di massaggio di grande efficacia. La pratica dell'On Zon Su per la salute, in senso ampio, può essere utilizzata anche a fine terapeutico: "il piede è lo specchio degli organi interni".

Il maestro taoista e medico tradizionale Ming Wong, che appartiene alla 100ª generazione della trasmissione dell'insegnamento di Mak Zi, presenta in questo volume i principi e la pratica dell'On Zon Su, con riferimenti storici e mitologici.

100 illustrazioni

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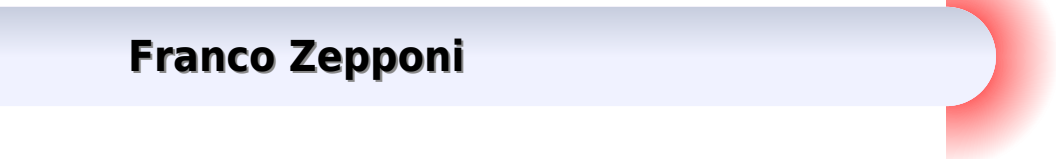
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