



Zero Balancing: Touching the Energy of Bone

John Hamwee

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The definitive guide to Zero Balancing brings this increasingly popular therapy to life. It contains a clear description of the anatomy and physiology of energy which leads on to a compelling explanation of how and why this form of bodywork can have such powerful effects. Throughout, there are illustrations which convey the unique energy of a Zero Balancing session and John Hamwee provides fascinating examples of clients, their experiences and the outcomes of the work.

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