



Yoga Journal Presents Your Guide to Reflexology: Relieve Pain, Reduce Stress, and Bring Balance to Your Life

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Discover the healing art of reflexology!

The healing art of reflexology uses specific thumb and finger techniques to teach the body to redirect and release the blocked energy that causes pain and illness. In *Yoga Journal Presents: Your Guide to Reflexology*, you'll find expert information on this therapeutic method of pressure-point massage to relieve pain, reduce stress, and heal a variety of ailments. This accessible and comprehensive guide teaches you how to:

- Locate the healing zones of the feet that correspond to specific organs, systems, and body parts
- Use thumb-walking, knuckle presses, clapping, and other techniques to balance energy flow
- Use reflexology to improve immunity, treat illnesses, and reduce pain
- Integrate reflexology into your daily routine for a healthier, happier, more fulfilling life

With this informative and inspiring guide, you'll be able to use the healing power of touch to bring relief and comfort to yourself and others, while restoring balance throughout the body, mind, and spirit.



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