



The Do-In Way

Michio Kushi

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Do-In is an ancient traditional exercise for the cultivation of physical health, mental serenity, and spirituality. Over the last 5,000 years, it has served as the origin of such well-known disciplines as shiatsu, acupuncture, moxibustion, yogic exercises, and meditation. Literally meaning to pull and stretch, Do-In originated as a way of achieving longevity and attaining the highest potential of mental and spiritual development.

Do-In techniques are a series of motions designed to harmonize body systems. *The Do-In Way* details the fundamental aspects of this exercise, which involves breathing, posture, and self-massage and manipulation to stimulate body systems. The gentle application of pressure on the body's meridians corresponds with physical processes, and allows for the conditioning of internal organs. This is a comprehensive handbook to an ancient system of movement designed to enhance physical, mental, and spiritual health.

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