



The Ariana Institute Mind and Body Therapy: Manual (The Ariana Institute Eight Massage Manual Series)

Ariana Vincent

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Ariana Vincent, founder and CEO of the Ariana Institute, wishes to share her knowledge and experience with therapists, bodywork professionals, and the world. The goal of this manual is to introduce the reader to the various modalities used in mind and body therapy. This manual covers history, application, other relevant information regarding the techniques of mind and body therapy and its application in the massage world. For even more information on this topic and for other information related to the practice of massage therapy, please visit www.arianainstitute.com.

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