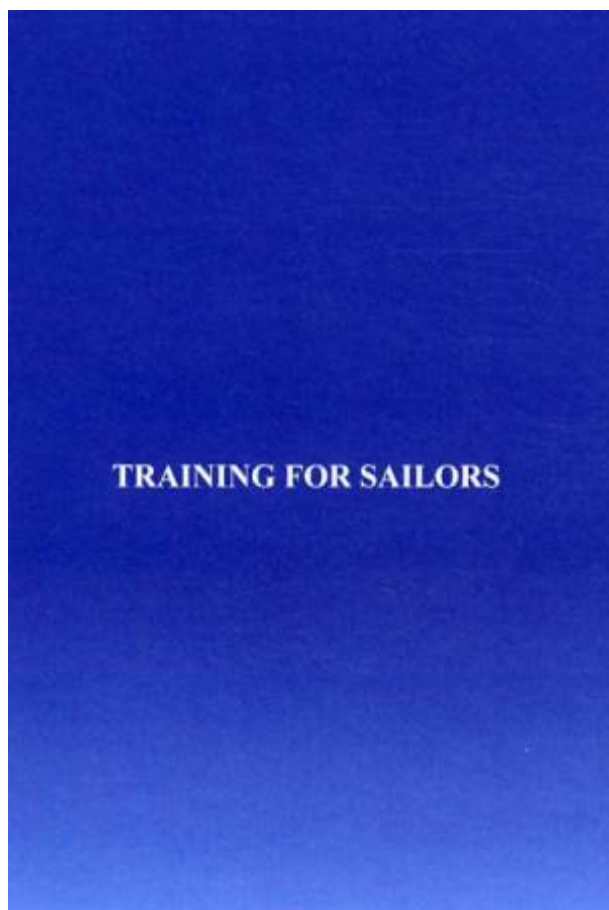


Training for sailors



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En bog og syv hæfter af samme forfatter, bygger på velafprøvede teknikker mm. både af forfatter med ca +30 års erfaring, samt andres erfaringer gennem hundrede år og for nogle områder tusinder af år. Heri er det kun de mest effektive teknikker mm der bliver viderebragt, så simpelt og forståeligt som muligt. Serien er afsluttet med Hvordan man finder Gud på da. og eng. How to find God 16 sider. Let at følge, med brugbare teknikker om man er troende eller ej - det virker fortsat. Bog og hæfter vil give en forståelse af mennesket og også sindets bevægelser og der er gået i detaljer med kundskab fra fx øreakupunktur, urter, kostlære, meridianlære/organlære, zoneterapi, Tai Chi, Åndedrætsøvelser mmm. for at inddrage aspekter for hele mennesket. Fx også betydning samt renselse af lever vil være gennemgået. Også byggende på træning og erfaring fra styrkeløft, vægtløftning, Chi Kung, Tae KwonDo, boksning, Judo, svømning, løbetræning mm. (der er ingen decideret kamptechnikker i bog/hæfter, men mere henvendt til gymnastiske øvelser for sundhed og velvære).

Derudover har forfatteren også erfaring med den Åndelige verden. Det er hensigten med bog og hæfter at de kan afhjælpe mange skavanker både på krop, sind og sjæl.

The Naval Nuclear Power Training Command (NNPTC) is the parent organization within the United States

Navy's Naval Education and Training Command that is ... Get your Nationally Recognised White Card online today. We provide USCG captains license courses, able seaman courses, radar refresher courses and much more all US Coast Guard approved. Command Sponsor Program Brilliant on the Basics - (SAILOR) The Command Sponsor Program responsibilities begin upon receipt of PCS orders and continues as the Sailor A sailor, seaman, mariner, or seafarer is a person who navigates waterborne vessels or assists as a crewmember in their operation and maintenance.

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