

Alain Jacopino

## Méthode d'arts énergétiques

*Voie d'accomplissement  
transdisciplinaire*



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## The Energetic Arts Method

A Cross-Disciplinary Path of Personal Development

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This method offers clear and concrete answers to the questions that any practitioner may have and gives you the means to improve your health!

Alain Jacopino's long experience in martial arts, his daily practice of internal arts, and the teaching he does himself all enable him to offer original approaches to themes that are essential to these arts. This work, which is both theoretical and practical, provides clear, concrete answers to the questions that any practitioner may ask and provides the means to improve not only movement and physical health, but also the psychological, emotional, and energetic qualities of the human being.