



Shiatsu Foundation Course

Chris Jarmey

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Shiatsu - a Japanese bodywork therapy - is a natural healing discipline from the same ancient oriental principles as acupuncture. This text has been designed as an in-depth introduction to the basic principles and methods of this practical healing art. Shiatsu works by stimulating the body's vital energy flow in order to promote good health. The practitioner uses palms, thumbs and fingers, elbows and even knees and feet to apply pressure and stretching to the energy lines or "meridians". This text provides a description of how and why shiatsu works and the ways in which it is applied. A straightforward explanation of the basics underlying the discipline forms the starting point, and is followed by detailed advice on how to prepare both body and mind for giving shiatsu. A discussion of the principles of applying shiatsu techniques leads into practical step-by-step instruction on a wide range of technique sequences, all accompanied by clear explanatory line drawings and colour photographs, giving beginners an insight into how to relieve stress and promote wellbeing in family and friends.

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