

for flexibility

DREAYER

SHIATSU FOOT MASSAGER



Shiatsu Massage Manual 680454

Gerry Thompson

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Shiatsu Massage Manual 680454:

Shiatsu Massage Manual Dean Otto, 2023-12-25 Japanese shiatsu massage entails putting pressure on certain places all over the body. The Japanese word shiatsu means finger pressure. In English, Traditional Chinese medicine (TCM) is the theoretical foundation of this massage method. It centers on the idea of qi or Chi, the life force energy that is thought to circulate throughout the body via channels called meridians. Rhythmic pressure is applied to different areas along the body's meridians by use of fingers, thumbs, palms, and occasionally elbows or knees during a Shiatsu massage. The objective is to encourage a state of harmony and health by enhancing the flow of Qi. The client stays completely clothed while the shiatsu practitioner works on them on a futon or mat laid out on the floor. To alleviate stress and promote better energy flow throughout the body, Shiatsu practitioners may use finger pressure, stretches, and joint rotations among other techniques. As a holistic method, it helps with issues including pain, stress, tension, and imbalances in the body. It's important to remember that Shiatsu is its own type of bodywork with its own specific methods and approaches, often including parts of Western medicine's anatomy and physiology, even though it has certain similarities with traditional Chinese medicine. It is recommended that you discuss any health issues with a licensed professional before undergoing a Shiatsu session, as is the case with any type of massage or bodywork.

The Massage Manual Mark Evans, Rosalind Oxenford, Suzanne Frazen, 2000-01-03 The Massage Manual guides you through all the basic massage movements including shiatsu self-massage. This broad-ranging practical book is packed with specially commissioned full-color photographs and clear authoritative text by leading practitioners.

The Massage Manual Mark Evans, 2002 **The Shiatsu Manual** Gerry Thompson, 1996 Shiatsu is a system of bodywork which brings recipients more energy and general wellbeing. This book contains step-by-step photographs and clear non-technical instructions which will enable a beginner to give treatment to family or friends.

Shiatsu Anma Therapy Doann's Short and Long Forms DoAnn T. Kaneko, 2010-10-27 Shiatsu Anma Therapy DoAnn's Short Long Forms outlines the history, principles, and practice of Shiatsu Anma and Shiatsu and teaches both forms of this Oriental massage, otherwise known as Long Form and Short Form, which have been developed by Dr. Kaneko, a pioneer in the field with over forty years' experience. Used as a course book at the Shiatsu Massage School of California and in many schools in the U.S. and beyond, the book, like its author, is considered to be an authority on the subject and useful for both lay and professional practitioners of Shiatsu Anma. The book includes a step-by-step guide with illustrations on how to practice Shiatsu Anma and Shiatsu. The Book of Shiatsu Saul Goodman, 1990 Shiatsu Massage for Health MELISSA. STOTLER, 2024-07-23

Are you looking for a natural way to alleviate stress and promote overall well-being? Do you want to learn the ancient art of Shiatsu massage to improve your health? Are you curious about how Shiatsu can enhance your body's natural healing abilities? Would you like to discover the benefits of Shiatsu massage for physical and emotional balance? Unlock the secrets of Shiatsu massage and transform your health with this comprehensive guide. Shiatsu Massage for Health is your ultimate resource to understand

practice and benefit from this powerful therapy This detailed and keyword focused book is designed to provide you with all the knowledge and techniques you need to integrate Shiatsu into your daily routine for optimal health and wellness

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