

FINDING A QUALIFIED PRACTITIONER

The Shiatsu Society holds a Register of qualified Practitioners. These are Professional Members who have completed training approved by the Society; who follow our Code of Conduct & Ethics; and who are fully insured. These Members are described as Member (MrSS), Senior Member (SrSS) or Fellow (FwSS) according to their level of experience. Continuing Professional Development is mandatory for all our Members.

To find a practitioner, visit www.shiatsusociety.org and search under 'FIND A PRACTITIONER'

LEARN SHIATSU

Training in Shiatsu can range from a short one-off workshop at a Grassroots Shiatsu event in your local area, to a professional qualification certified by the Shiatsu Society. The Professional Shiatsu Diploma courses are part time, involving a three year course of study. This may include practical techniques, East Asian medical theory, Western anatomy, pathology and physiology, and self development on physical, emotional, mental and spiritual levels.

To find out more, visit www.shiatsusociety.org/education

THE SHIATSU SOCIETY

Established in 1981, the Shiatsu Society is the UK's leading professional Shiatsu organisation and works to promote Shiatsu in all communities.

The Shiatsu Society UK is internationally recognised and respected for its high standards. It guarantees professional levels of both the training and the practice of Shiatsu in the UK through its 'Shiatsu Schools Ratification' scheme.

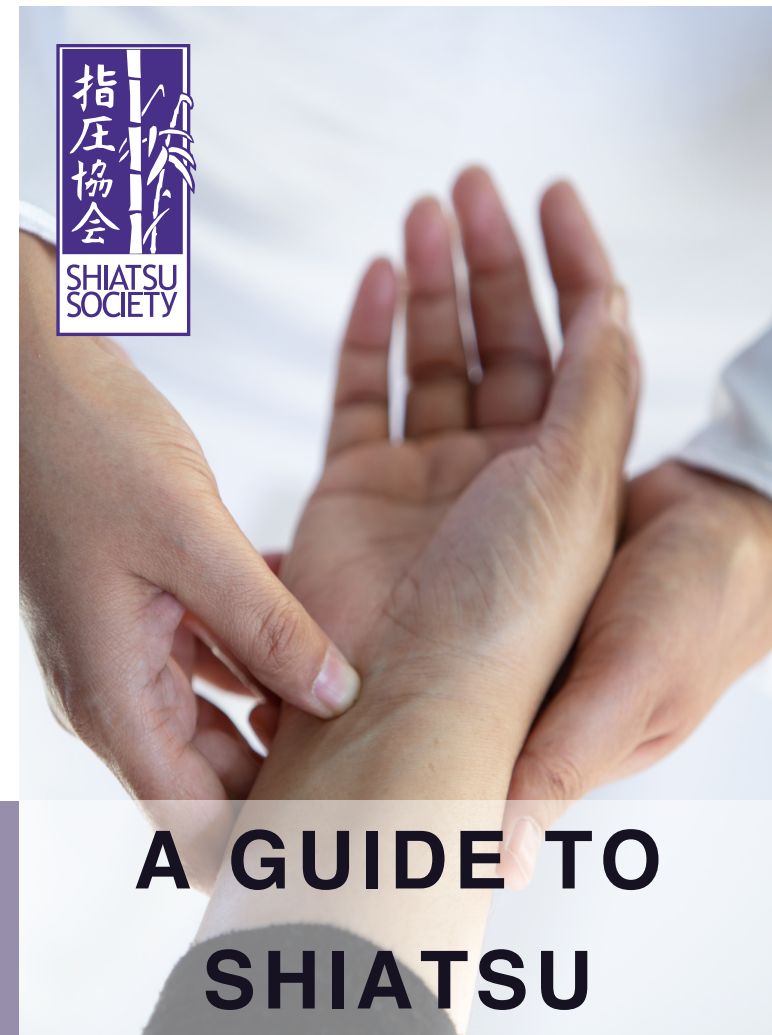
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YOUR PRACTITIONER



Keeping you in touch with natural health and wellbeing



WHAT IS SHIATSU?

Shiatsu is a physical therapy, originating in Japan, that supports and strengthens the body's natural ability to balance itself.

Shiatsu touch is simple and profound, bringing awareness to all parts of the body.

It produces a deep relaxation in which mind and body both find healing.



ORIGINS

Shiatsu is a Japanese healing system with its roots in the traditions and philosophies of Chinese medicine together with a Western understanding of physiology and anatomy. Shiatsu works by supporting Ki.

Ki is a Japanese word that includes all the ways in which the body maintains internal harmony. By supporting Ki, Shiatsu practitioners help the body to heal itself and to enhance its physical, mental and emotional wellbeing.



WHAT TO EXPECT

Shiatsu treatments are given with the client fully clothed, and lying on a padded mat or futon on the floor, on a massage table, or seated.

Your practitioner will consider your general health, symptoms and level of mobility before choosing appropriate positions and techniques.

Shiatsu touch usually involves gentle pressure applied by the thumbs and palms; rotations and movement; and comfortable stretches.