



# SHIATSU

## What to expect in a session

- (1) Your practitioner will ask for details of your current state of health and about any medical conditions, history and any medication being used. The practitioner may take written notes.
- (2) You remain fully clothed at all times.
- (3) Your practitioner will treat your whole body by using finger / palm pressure or sometimes, if needed, using knees, elbows and feet.
- (4) Shiatsu can involve rotation and stretches of joints.
- (5) Following Shiatsu, due to the body's natural healing process, there can be a feeling of increased vitality and you may feel invigorated yet relaxed. To experience the full benefits you may wish to rest for an hour or two after having received Shiatsu.
- (6) Shiatsu is usually carried out on a futon (mat) on the floor or a table/couch or a chair if you have mobility problems.