



Learn a new art with Shiatsu

Now is the time to start thinking about the year ahead and making plans for what you want to get out of the coming year. Usually, we promise ourselves that we'll do something different and change our lives in some way, so this year why not take a step towards improving your life and start training to become a Shiatsu practitioner?

Shiatsu (literally meaning - 'finger pressure') is a practical hands-on therapy, gaining in popularity. If you feel like a change in direction and would like to help people, then training as a Shiatsu practitioner could be the path for you. There are a number of well-respected schools around the country offering a range of different courses for you to choose from. Practitioners are required to study for a minimum of three years making Shiatsu one of the most highly qualified complementary therapies. Although Shiatsu provides a full-time career for many, there are also practitioners who enjoy offering treatments at the weekends and in their spare time as well as keeping their existing job.

The roots of the healing art of Shiatsu can be traced back many centuries and its base of knowledge in Chinese medicine makes it a dynamic and practical therapy that can help to reduce the stresses and strains of everyday life. Shiatsu is a therapy that works on the individual as a complete being - not just the physical body but also on an emotional and/or mental level.

The philosophy underlying Shiatsu is that vital energy (known as Ki in Japanese) flows throughout the body in a series of channels called meridians. For various reasons Ki can stop flowing freely and this can produce certain symptoms. Shiatsu practitioners use a variety of techniques to improve energy flow to relieve symptoms such as pressing with palms or fingers and when appropriate, more dynamic rotations and stretches.

More/...

Prasannavira, Marketing Director - Shiatsu Society (UK) says “Becoming a Shiatsu practitioner is a rewarding and fulfilling career which enables you to help others and live your life the way you want to.”

For more information on Shiatsu or to find your nearest Shiatsu school please call the Shiatsu Society on 0845 130 4560 or visit www.shiatusociety.org.

-Ends-

Notes to Editors

Shiatsu Schools

There are a number of Shiatsu schools around the country and most are headed up by a Shiatsu Society registered teacher. The courses offered cover the training requirements laid down by the Shiatsu Society, including:

- Anatomy, physiology and pathology
- Five Element Theory
- Classical Meridian System
- Traditional Chinese Medicine
- Zen Shiatsu – Theory and Practice

Most schools have a prospectus that you can read to make sure it meets your needs. Do not hesitate to contact the principal of the school for further information. A number of schools run their courses at weekends and some also run residential courses or mid-week courses.

The Shiatsu Society

Established in 1981 the Shiatsu Society, part of the European Shiatsu Federation and Shiatsu Regulatory Group, was set up by a small group of shiatsu practitioners and teachers. Since then the Society has grown to form a network linking interested individuals, students, practitioners and teachers, and fulfils the role of the Professional Association for Shiatsu Practitioners. Currently there are over 1,600 members, of whom a quarter are on the Register of Professional Practitioners of the Shiatsu Society (MRSS).

Key Shiatsu Benefits

- It relaxes mind & body
- It restores & balances energy
- It eases tension & stiffness

- It improves breathing
- It helps posture
- It is beneficial to circulation
- It promotes motivation
- It is compatible with other medical treatments

For further information, case studies or photography please do not hesitate to contact us.