



SHIATSU

Shiatsu (literally meaning -'finger pressure') is a practical hands-on therapy and is the perfect way to not only indulge yourself, but a great way to help maintain your health throughout the year. 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.

Prasannavira, Marketing Director - Shiatsu Society (UK), says "Everyone should learn to love themselves a little more and with Shiatsu you can improve your day to day wellbeing, as well as make yourself feel special every now and again.

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

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Notes to Editors

The Shiatsu Society

Established in 1981 the Shiatsu Society, part of the European Shiatsu Federation, 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 1600 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

Shiatsu can be beneficial in treating:-

- Back pain
- Sports Injuries
- Stress
- Joint pain